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Our Chemical Society:

Chemicals, Environment and Health

**A Manual for Action
in and Around Toronto**

Produced By:
The Health Advocacy Unit
Department of Public Health
City of Toronto

1982

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Greg Barnett and Lalo Borja

This manual is intended as a companion to the previously published report, "Our Chemical Society: Chemicals, Environment and Health", by Trevor Hancock, Douglas Saunders, and Donald Cole (1981).

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The Chemical Society: A Definition

A chemical society is one which believes the quality of life is, in a large measure, dependent upon, and directly related to, the widespread production and use of chemicals.

Chemical Pollution: The Problem

Use, waste and ultimate discard of chemicals pervades our environment. Every chemical we produce and every chemical by-product of industrial processes, ends up in our water, air, or soil. Our world is being contaminated in a sea of chemicals.

Chemicals: An Interpretation

The chemicals to be concerned about are both man-made and "man-mobilized". Man-mobilized chemicals are naturally occurring chemicals which can be transformed by man's activities into toxic chemicals, such as asbestos or mercury, or even the leaf of the tobacco plant.

Acknowledgements

Our thanks to all the people who cooperated with this research effort and offered their ideas and advice; to Carol Paulsen for her cheerful collaboration on a prodigious typing job; to Eileen Lam for her administrative skill; and to the photographers, Greg Barnett and Lalo Borja, for the use of their photographs.

A note about the Photographs

The photographs in this manual were first seen during Environment Week 1981 in a photographic display prepared by Greg Barnett and Lalo Borja for the Health Advocacy Unit. The display's text and photographs, based on the report "Our Chemical Society: Chemicals, Environment and Health", is available for exhibition by any interested organization or agency. Contact:

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1 Introduction

Since World War II, the production and use of man-made and man-mobilized chemicals has boomed. The chemical industry is now a large and powerful sector of our society, and is committed to expanding the uses of chemicals throughout the world. Many of their chemical products have proven useful and we have benefited from them. Yet, although the "modern miracle" of chemicals may have improved the quality of life in some ways, we still must reckon with the serious risks we run by using them. We are already aware of the health risks associated with tobacco and alcohol use, chemical exposure in the workplace, and dangerous drug reactions, to name a few. More and more evidence is accumulating about other long- and short-term effects on our health from chemicals man has intentionally or unintentionally added to the natural environment. The Toronto Department of Public Health believes that it is imperative that we act now to *prevent* possible harm to the public from chronic uncontrolled chemical exposures in our air, water, food, homes and workplaces. The Department believes that the extent to which chemicals now pervade both our bodies and the environment is a matter of urgent concern.

1981 report, *Our Chemical Society: Chemicals, Environment and Health*, by Trevor Hancock, Doug Saunders and Donald Cole of the Health Advocacy Unit, suggests ways in which the municipal governments should begin to address the problems of use, over-use, and abuse of chemicals in our society. As well, the report recommends the public become actively involved in environmental issues. However, we have perceived a necessity to first combat a feeling of powerlessness on the part of the public, characterized by the phrases "*everything* causes cancer" and "it's too late to save the environment".

This doomsday attitude is understandable, given the vast power of the chemical industry and its seemingly indissoluble marriage to our present way of life. Apparently, many people believe that chemical contamination is so all-pervasive that it doesn't really matter what they eat or drink or do in the hope of "saving" themselves. Although this attitude stems from some frightening realities, the truth is that there is much individuals *can* do to reduce or avoid exposure to toxic chemicals.

One of the purposes of this manual, therefore, is to identify the ways in which we as individuals and in groups *can* assume some control of our health and safety in regard to toxic chemicals.

On the opposite end of the scale from pessimism, we find another growing public trend, which we would like to encourage. Many people feel an urgency to "do something" about "Chemical Society" problems right away. We have tried here to provide some starting points for that task.

In the course of doing the research for this manual, we have discovered a very large number of organizations which are doing *some*thing about *some* aspect of the problems of chemicals in the environment. Undoubtedly we have overlooked some others. We would appreciate it, if such organizations would contact us with information about their activities. If there is enough new information to warrant it, we hope to print an update of this manual in the future.

One last note about the organization of this manual: since we have included no index for cross-referencing, it is best that you browse through the entire manual rather than looking under the one or two categories which directly concern you. You'll find that many of the organizations could be listed under more than one category. We have included many items and references of general interest throughout, including publications which are not repeated in the bibliography. The bibliography is not intended to be a comprehensive one; rather, we have provided a short book and resource list as well as the agencies which can give you a more complete bibliography.

This is, as the title indicates, a manual for people who want to take *action*. We hope to have provided the resources necessary for you to do so. Use it well. We wish you—and all of us—success.

Laura Pauli
Linda Rosenbaum

1981/1982

Chemical List

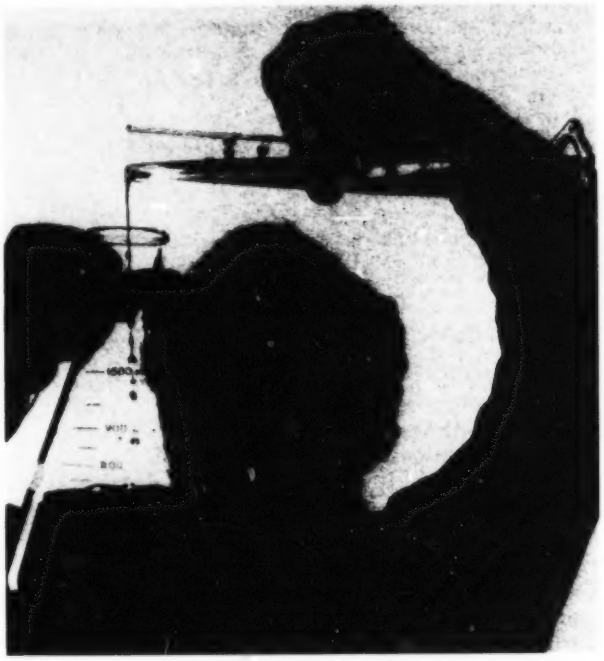
Did you know that there are:

1,500	Flavours permitted to be added to food in Canada
1,000+	Flavours permitted to be added to cigarettes in Canada
,330	Food additives permitted in Canada
,103	Pesticide residues permitted to be on food in Canada
, 32	Food colours permitted in Canada
32 million	Tonnes of industrial wastes generated annually in Canada
1 million	Tonnes of this waste is toxic
80 million	Gallons of liquid industrial wastes generated annually in Ontario
8-16 million	Gallons of this are hazardous
,120	Hazardous materials incidents (spills, explosions, fire and leaks) in the City of Toronto in 1980
,400	Organic compounds found in the Great Lakes ecosystem
,200	Toxic chemicals found in Lake Ontario water
60,000-100,000	Chemicals in commercial use
1,000	New chemicals annually
34,000	Chemicals on the U.S. Environmental Protection Agency's 1978 Toxic Effects List
15,000	Toxic substances in the workplace
1,500	Suspected carcinogens in the workplace
, 90	Departments and Agencies involved in occupational health and safety issues in Canada
,220	Provincial and Federal laws concerning occupational health and safety in Canada
25,000	Metro Toronto industrial workplaces to be inspected
25	Occupational health and safety inspectors for Metro Toronto
10,000	Estimated deaths annually in Canada due to workplace exposure to carcinogens
15,000	Drug products on sale in Canada
1,400	Pesticides used in North America
30,000	Varieties of pesticides sold in North America

The Urea Formaldehyde Story

Editor's Note:

Reports of health problems caused by urea formaldehyde foam, the new chemical insulation installed in thousands of Canadian homes with the aid of government grants, has created a snowballing political issue.



It also provides an example of the kind of environmental health problems we can expect to crop up with increasing frequency in the future, if better control on chemical product safety is not exercised.

Not everyone can respond to the urea formaldehyde story with humour. Richard Nielson has. We present this personal anecdote to show just one way that chemicals can unexpectedly become a major personal concern, and how our "Chemical Society" deals (or doesn't deal) with the health issues they raise.

A Curse on the Foam that Plagues our Houses

By Richard Nielson

"Then the priest shall command that they take away the stones in which the plague is, and they shall cast them into an unclean place without the city: And he shall cause the house to be scraped within round about, and they shall pour out the dust that they scrape off without the city into an unclean place. And they shall take other stones and put them in the place of those stones; and he shall take other mortar and plaster the house." Leviticus 14:40-43.

I recently purchased a house in Southampton. The man from whom I purchased the house did not tell me the insulation was urea formaldehyde and I'm of the opinion he didn't know its potential dangers at the time of the sale.

In any case, about three months after moving in, a man I had hired to put eaves troughing on the house was stung by a wasp. In pursuit of the wasp nest, we discovered the house was insulated with foam and subsequent inquiries established the foam was urea formaldehyde insulation (UFFI).

Following this discovery, I called the Government hotline, 1-800-567-6870, that has been established to inform the public of the dangers associated with this type of insulation. I spoke to Dale Mortimer. I asked him did the government have any scheme that could assist me in removing the insulation? He said "No."

Was UFFI inevitably a hazard to the health of anyone inhabiting the house? "No," he said, "in all probability, the insulation will never cause any harm." I asked him to define "probability". "Well", he said, "of the 80,000 to 120,000 homes in Canada insulated with urea formaldehyde — nobody knows for sure — only 3 per cent have complained."

I asked him to define "complained"; for instance, did my talking to him now constitute a "complaint". "Yes," he said, "it does." I then suggested that what he was really saying was that only 3 per cent had thus far inquired as to what the Government was doing about the problem and that the figure did not therefore imply, as he had suggested, that 97 per cent of UFFI users were either satisfied with urea formaldehyde, or, indeed, safe from its effects. He accepted my clarification with good grace, and we moved on.

"Is the foam," I asked, "stable?" If I had tests done and they revealed no fumes or gas, could I rely on things staying that way?

"Probably," Mr. Mortimer replied. I again asked him to define "probably", and he said that urea formaldehyde could "break down" under conditions of high humidity or extreme change in temperature. I pointed out that my house was situated next to a lake and that this was, after all, Canada where extreme changes in temperature are known to occur with depressing regularity. Mr. Mortimer and I had a good laugh about that and he conceded that UFFI under Canadian conditions was pretty dangerous stuff and ought to be removed "if I wanted to be absolutely safe." I said that being absolutely safe was a peculiar passion of mine and that my wife also felt that being safe is a characteristic most houses should possess. But, before getting

to that, I said, I would like to explore the dangers and how I might detect them.

Was I safe if I couldn't smell anything? "By no means," Mr. Mortimer replied. "Actually, smelling the gas is a rare occurrence. It is," he said, "almost always detected either by scientific testing or by symptoms revealed in the occupants of the house. For instance, sore eyes, cougning, difficulty in breathing, finally asthma and bleeding from the nose."

I said of the two methods he had suggested, testing seemed to have a clear edge over allowing the symptoms to develop. He agreed that between the two, testing would be his choice as well. What about testing, I asked; how did I go about that? Well, Mr. Mortimer replied, the Government would be conducting a testing program this fall and that while "not everyone who wants to be tested will be," I could put my name on the list. Otherwise, I could hire someone and pay for it myself. He urged me to put my name down, "you might be lucky." I told him I felt lucky. "Good," he said, "I will put your name down."

"Now," I said, "I've pretty much made up my mind to get rid of the foam. How do I do it?"

"Simple but expensive," Mr. Mortimer said. "The walls, either the inside or the outside walls, will have to come off. Anywhere that the foam has adhered to any other surface, a wire brush will have to be used along with a 3 per cent sodium sulphite solution. After the scraping, the whole house will have to be vacuumed so that no tiny particles remain."

It sounded to me like a section of the Bible (Leviticus 14:35-55) wherein people are advised what to do when their house has leprosy. Mr. Mortimer had not read Leviticus.

It would be helpful, he concluded, if I could get the exact date of the installation of the UFFI in my house, along with the name of the company that had done the work.

"Why?" I asked.

"We are trying to gather that sort of information. We really don't know how much of it was installed or where," he said. I said I would try to help him out, but before I did that was there not some Government program, perhaps not directly connected to UFFI, which could assist a homeowner in a situation like mine — loans or something.

Mr. Mortimer suggested the CHIP program, under which I would be eligible for a $500 subsidy if I used CHIP insulation, which was the type of insulation the Government was now pushing as it had once pushed urea formaldehyde.

"However," he warned, "you are not eligible if the house has had a grant before." "The house?" I asked. "You mean I could have had a grant before and still be eligible, but I don't count. It has to be the house?"

"That's right," he said, "it's the house."

It turned out that my house had been on the dole before (when it got the urea formaldehyde) and therefore was denied any future aid lest, one assumes, it develop chronic dependency on governmental largesse.

Following my talk with Mr. Mortimer, I phoned the man from whom I had bought the house and asked him if he had detected any symptoms in himself or his family.

"No," he said.

"But don't you have asthma?" I inquired.

"Yes," he said.

"When was it diagnosed?"

"1978."

"When was the UFFI installed?"

"1976," he said. Did he know UFFI causes asthma? No, he did not. What was the name of the people that had done the insulation? Grey-Bruce Insulation, Bagnor, Ontario, he said. I phoned them.

"Yes," they freely admitted, they had done the job. "No", they were not using it now, but they felt all the fuss was greatly exaggerated and "yes" they did remove it. "It's easy," the man said. "You just insert a snake. You know, a long flexible steel coil, to break up the foam, then you scoop it out the bottom." "No sodium sulphite? No vacuuming?" I asked. "No," he said, "no need for any of that."

He added that a lot of people are being ripped off. "We can do the job in a day, two at the most, just using the snake." I told him I would think it over. I then told him I would like to have the place tested and could he give me any advice as to who could do it. "Sure," he said, "Professor Pityn at the University of Waterloo."

I phoned the main number of the university and was transferred to Prof. Pityn's office, where a girl who was taking orders for urea formaldehyde testings answered. "That will be $100," she said. I said sure. Cheap at the price, given the alternatives. I did wonder whether the University of Waterloo had gone into business or whether this was a private venture of Prof. Pityn's, but since my inquiry had already taken considerable time, I decided not to pursue it any further.

I have gone into my experiences at considerable length because I feel a number of conclusions flow inevitably from my search for information:

(a) Urea formaldehyde represents a serious health hazard; (b) Houses are being sold, both deliberately and innocently, to people who do not know that the house they are buying has been insulated with UFFI; (c) No complete inventory exists of the houses that have been insulated with this dangerous material; (d) The representatives of the Government are misleading people as to the seriousness of the situation and providing little or no guidance as to how to secure assistance; (e) The financial burden of cleaning up 80,000 to 120,000 houses cannot possibly be shouldered by individual householders if the job is to be done correctly; (f) Private companies are exploiting the situation, both by charging excessive fees and by not doing the cleanup job adequately.

After the Lord tells Moses and Aaron how to rid a house of leprosy, he concedes that the remedies may not work. In such a case the house is to be reduced to dust and the dust deposited in some "unclean place", out of town. If I'm faced with this eventuality, I have chosen the unclean location out of town: Parliament Hill.

Mr. Nielson is President of Primedia Inc., a film production company.

Reprinted from The Globe and Mail, September 7, 1981, p.7.

Editor's Note: Home owners with a urea formaldehyde problem can now join forces with a citizen's group, "H.U.F.F.I.". See listing in Chapter 3 - "Environmental Groups".

2 Chemicals and Health

Our cells function through chemical processes. Everything we take into our bodies affects these processes. For this reason, chemicals, both natural and man-made, have great impact on our health.

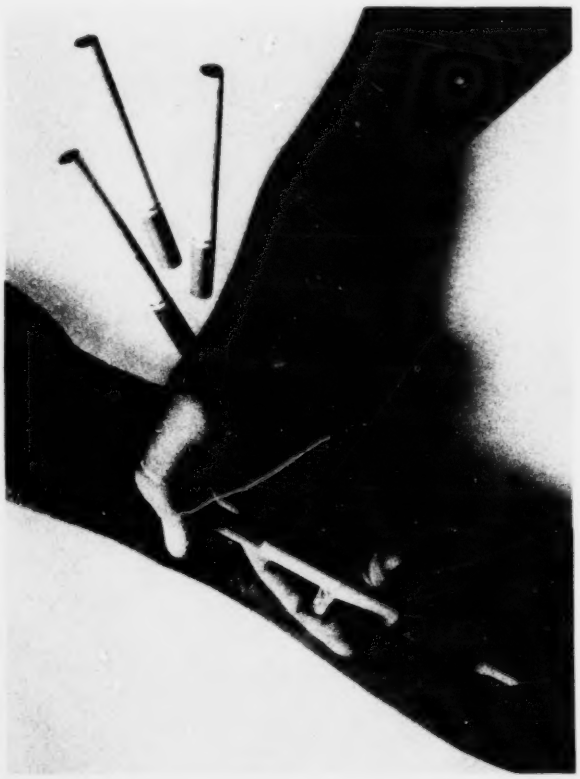
Many of the chemicals in our environment today are different from anything man or nature has ever faced before.

We do not know what the long-term implications for our health and species survival will be. But we already know the reasons for concern.

The public health movement in the 1980's is focusing on many of the man-made threats to our health. It is actively aware that the health of our citizens is dependent upon an environment which provides clean air, uncontaminated food and water, and safe workplaces. Now that we have come close to eradicating many of the communicable diseases that have plagued us for centuries, we can begin to broaden our base of priorities and attempt to tackle many of the present and future problems of a society whose use of chemicals is rampant.

Chemical contamination of our bodies happens all the time. We breathe polluted air, drink impure water, and eat foods that contain additives, preservatives, and pesticide residues. To attempt to remain "pure" seems an impossible task. As soon as you think that you have learned to avoid chemical contamination from one source, you discover you are getting it from another source you cannot control. Some of us are exposed in the workplace. Many of us take medicines and/or drink alcohol and/or smoke. We cannot know for certain what effect all these substances have on our bodies. With each of them we must weigh the potential risks against the real or imagined benefits.

Many health problems related to chemicals take years to develop. Cancer is one example of this. Common sense tells us that we should, to the greatest possible extent, minimize our exposure to chemicals *before* we find out whether and how they are harmful. Prevention, it is said, is the better part of the cure.



Smoking

Smoking is our greatest preventable health hazard. Even though tobacco is a natural product, smoking is an *un*natural use of the tobacco leaf. The cigarette (or pipe) is merely a device to transform the nicotine and other chemicals into a form in which the human body can absorb them.

Many people think that given the environmental pollution we all suffer in urban living, smoking cannot do much additional harm. Yet the truth is that smoking does *more* harm than general air pollution, and that the effects of environmental pollution and smoking combined greatly increase the chance of disease. Many of the organizations listed here offer stop-smoking clinics and workshops. Other programs are offered by the YWCA, the Seventh Day Adventists, and private agencies such as Smoke-Enders and Smokers Counsel. Shop around for the program most suited to you.

Research shows that despite the threat to our health posed by general environmental pollution, a far greater threat is posed by individual activities such as smoking. We must be aware that although smoking is seen as a voluntary activity, advertising and peer group pressure create an atmosphere in which the individual has less choice than it would appear. Individuals working *together*, with government cooperation, can help to change the social environment which is conducive to harmful personal habits.

Canadian Cancer Society

Metro Toronto Division
185 Bloor Street East
Toronto, Ontario
M4W 3J3
(416) 961-7030

Objectives

In Canada, 7,500 cancer deaths per year, or one in five, are caused by smoking. Another large percentage are caused by diet, occupational exposure to chemicals, and other environmental contaminants. One of the CCS's major objectives, therefore, is to teach that much cancer is preventable.

Activities and Services

- Public education - Films, audio-visual shows, posters, pamphlets, T.V. and radio promos, school kits, breast self-examination clinics, workplace visits, club presentations, mall displays, programs to inform health professionals, public forums. The CCS provides more materials on cancer and on smoking than any other organization in Canada including the government, and volunteers are highly involved in their preparation and dissemination.
- Services to cancer patients
- Research
- Fund raising

Resources

- Full complement of educational materials, pamphlets, books, etc.
- Films, audio-visual kits, etc.

Smoking Prevention Program

Health Advocacy Unit
Department of Public Health
7th Floor, East Tower
City Hall
Toronto, Ontario
M5H 2N2

Contact:
Marilyn Bowers or Bill Shannon
(416) 367-7450

Objectives

To decrease the amount of tobacco used by Torontonians.

The strategy of the Toronto Public Health Department is to reach school-age children at the age where their health-related values are being developed, to educate and influence them so that they never start smoking at all.

Activities

- The Health Advocacy Unit is developing for the Department of Public Health a 20-year Smoking Prevention Program to take place in all Toronto schools and communities.

Publications

- "A Review of Some Anti-Smoking Resources" - a list of resource material for use by educators and public health nurses for school-age children — includes films, teaching kits, booklets, pamphlets, and speakers' programs.

York-Toronto Lung Association

157 Willowdale Avenue
Willowdale, Ontario
M2N 4Y7
(416) 226-1454

Objectives

This voluntary health organization, the local branch of the Ontario Lung Association, aims to prevent, detect and control diseases of the lung and respiratory system. Smoking and air pollution are equal targets of

this very active organization. Nearly all of its services are funded by the Christmas Seal Campaign.

Activities

- Presenting the facts for control and prevention of lung diseases to schools, industry, professional groups and the general public. Media and workshops are used extensively.
- "Raiders of the Lost Breath", a popular spoof performed by the Portable Theatre, has been sponsored by the York-Toronto Lung Association for performances at the C.N.E., in schools and other public places. The performance can be contracted for further presentations.

Services

- Smoking clinics - for people attempting to quit
- Smoking awareness programs in schools, hospitals, industry, etc.
- Support for non-smokers in their desire to breathe clean air
- Environmental health and air pollution monitoring programs; preparation and distribution of resource materials on environmental and occupational health
- Better Breathing Clinics - for adults with chronic chest diseases
- Family Asthma Programs - educational and conditioning classes; day camps for asthmatic children; asthma information newsletter
- Literature, pamphlets, films, lectures, reports on research projects - free on request
- Special events and promotions

Publications

- New series of 8 pamphlets, "Lung Hazards on the Job" - free
- "Freedom from Smoking", a 2-manual set to help individuals or groups stop smoking
- Full complement of anti-smoking and anti-air pollution propaganda materials
- Publications list on request

See also: Chapter 11 - "Libraries and Resource Centres" - Ontario Heart Foundation, and Addiction Research Foundation.

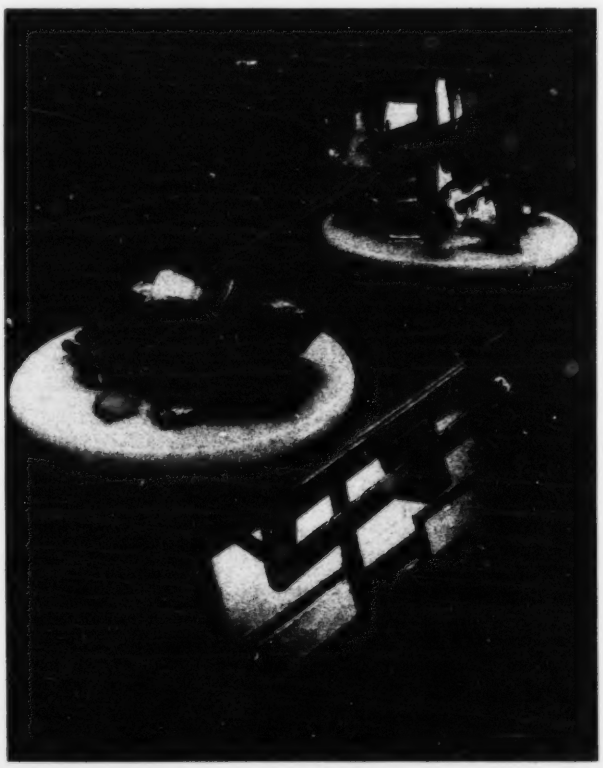
Alcohol

It is difficult to convince most people that alcohol is an important risk to their health because it is such a socially acceptable poison, and most people drink it in socially-acceptable quantities. Yet alcohol *is* a chemical and an addictive drug. Alone and in conjunction with other chemicals we ingest, it *is* a health hazard except at very moderate levels of consumption — much more moderate than is socially acceptable. It is a problem for many more people than is generally recognized. The social costs of alcohol abuse in terms of illness, traffic accidents and inter-personal violence calls for a serious change in our attitudes towards drinking.

Alcohol & Drug Concerns Inc.

15 Gervais Drive
Toronto, Ontario
(416) 449-4933

Contact:
Dr. Carl Burden



Objectives

To promote a lifestyle independent of the use of alcohol or other harmful drugs.

Activities

This organization specializes in preventive education concerning alcohol and drug abuse. Speakers visit school and community groups at their request. Seminars for youth and health professionals are held around Ontario, including an annual Youth Conference "TOC-ALPHA", every Christmas, and an adult conference in Hamilton in July.

While not a treatment centre, referrals can be made for people who are seeking treatment for addiction.

Publications

- Quarterly newsletter, *Concerns*, $5./yr. minimum contribution.

Alcoholism Recovery Homes Association of Ontario

P. O. Box 971, Station B
Willowdale, Ontario
(416) 223-1944

Service

An information and referral service for all the alcohol detoxification and recovery homes in the Toronto area.

Publications

- Brochure.

Addiction Research Foundation Information Centre

33 Russell Street
Toronto, Ontario
M5S 2S1
(416) 595-6100

Objectives

The Addiction Research Foundation is the place to find "state of the art" treatment for alcohol or drug addiction. Several different "research methods" are available, and are covered by OHIP. Referrals can also be made to other treatment centres as well as to stop-smoking programs at other institutions.

See also: ARF listing in Chapter 11 - "Libraries and Resource Centres".

Prescription and Over-the-Counter Drugs

Our government tests all new drugs for safety. But that does not make them 100% reliable. Mistakes have been made in the past. Drug companies can be over-eager to put their products on the market.

Practice Drug Caution.
Read Labels.
Question Prescriptions.
Resist High Pressure Advertising.

Canadian Pharmaceutical Association

101 - 1815 Alta Vista Drive
Ottawa, Ontario
K1G 3Y6
(613) 523-7877

Services

Pharmacists are a great untapped source of information about prescription and over-the-counter drugs. In some cases, they may know more than the doctor about the effects, risks and benefits of the drug being prescribed. To further the communication between pharmacists and the public, and to make their expertise more accessible, the Canadian Pharmaceutical Association has recently begun a service called 'SIMS' - Supplementary Information on Medication. It consists of a series of information sheets which pharmacists can give to their clients when they request a certain drug. The information is compiled from the research of the Health Protection Branch of Health and Welfare Canada, the medical profession, and patients, and is aimed at informing consumers about their medication: how and when to take it, what foods and other substances are incompatible with it, what to do if you forget a dose, what its side effects may be, and what danger signs to look out for. It is written in layman's language. Ask your pharmacist if he participates in the SIMS program.

Audio-Visuals

National Medication Awareness Test - an audio-visual slide show aimed at increasing public awareness about the safe use of medical drugs. It is intended for use by pharmacists invited to make the presentation by consumer or community groups. Available from the C.P.A.

Publications

Canadian Self-Medication - a basic textbook on over-the-counter medication for people who want to be very sure of what they're taking. It is somewhat technical, but a literate non-pharmacist should still be able to use it. ($39.00)

Alternatives

Also available in Toronto are private therapists, organizations and various health professionals who seek alternatives to standard psychiatric treatment for people dissatified with their physical and mental well-being. Using private or group therapy and a holistic approach to health, they attempt to deal with such problems as depression and stress reactions without the use of drugs.

See also: Chapter 11 - "Libraries and Resources Centres" - Addiction Research Foundation.

Occupational Health Services

Canadian Centre for Occupational Health and Safety

McGregor Clinic
250 Main Street East
Hamilton, Ontario

Mailing address:
P. O. Box 2000, Station A
Hamilton, Ontario
L8N 3Z5
1-527-6590

Objectives

The mandate of this Centre, the only one of its kind in Canada, is "to promote the fundamental rights of Canadians to a healthy and safe working environment". Significantly located in nearby Hamilton ("Steel City"), the CCOHS aims to offer people reliable information with a minimum of intervention (i.e. from government, "vested" science, or industry), to promote worker self-help and local control in the reduction of dangers to health and safety in the workplace.

Services

- Advisory service on hazardous substances and other occupational health problems
- Technical Information Resource Centre: "On Line" computer access to CIS, the information service of the International Labour Organization, containing a bilingual collection of occupational health and safety information, as well as the Barbour Health and Safety Library from Great Britain.

Staff will help people who are unfamiliar with the use of computers to find the information they want.

- Canadian contact and distribution agent for the International Labour Organization's "International Hazard Alert System"
- Native Communications Project - to determine the occupational health and safety information needs of native people
- "Road Shows" - excursions to conferences, meetings and seminars to publicize the CCOHS service
- Speakers

Publications

- "At the Centre" - a bi-monthly newsletter of the CCOHS, available free upon request
- Review of video display unit health hazards
- Report to the Royal Commission on Matters of Health & Safety Arising from the Use of Asbestos in Ontario
- Occupational Health Training for Safety Officers: A Syllabus
- Report for the Federal-Provincial Inquiry Into Safety in Mines in Ontario
- 12 speeches on various occupational health topics

All publications are available upon request

St. Michael's Hospital

Occupational Health Clinical Unit
3D South
30 Bond Street
Toronto, Ontario
M5B 1W8

Resource Library:
Jenny O'Grady
(416) 360-4312

Clinic:
(416) 360-4064

Objectives

St. Mike's currently has the only comprehensive Occupational Health Clinic in Canada, as well as a specialized resource library in the field, having opened in February 1981.

Services

- Health Clinic. Medical specialists will see anyone with an occupational health problem, with or without a referral from their doctor. If you simply want information, an occupational hygienist will answer any questions you have about a possible workplace health hazard.
- Resource Library. An on-line computer information retrieval service and up-to-date subject files are available for the use of doctors and health professionals. "Information packages" on chemicals and related diseases are compiled on a continuing basis. The library also has a list of occupational health physicians and specialists in particular chemically-related health problems.

Toronto Occupational Health Resources Committee

203 Beverly Street, Apt. 1
Toronto, Ontario
M5T 1Y9

Contact:
Brian Gibson
(416) 461-0576

Objectives

T.O.H.R.C. is a small non-profit group of concerned people of varied backgrounds interested in the health and safety of workers' environments. They aim to give the worker adequate information and support to be able to struggle for a clean and safe working environment.

Services

- Research, prepare briefs to government bodies such as the Royal Commission on Asbestos
- Referral and support service - medical, legal, scientific. Aim to be useful to any worker with an occupational health or safety problem

Membership

Open. No cost. Seek public participation

Resources

- Small library and access to others.

See also: Chapter 4 - "Chemicals on the Job".

General Health Care

Bay Centre for Birth Control

901 Bay Street
Toronto, Ontario
M5S 1Z7
(416) 966-7151

Objectives

This is a highly committed birth control clinic staffed by female doctors, nurses, and health care counsellors. Although they do prescribe the birth control pill to women (especially teenagers) who are not in a frame of mind to use any other form of contraception, they prescribe it with the advice that the user consider switching to a non-drug alternative as soon as possible. Full counselling is provided; all the alternatives are available.

Special Projects

A study of lipid levels in the blood of pill-users by Dr. Marion Powell is to be released this fall. This concerns the cholesterol-raising properties attributed to the Pill, resulting in problems such as blood clots and hardened arteries. Other studies of the health effects of the Pill are continuous.

Broadview Community Health Clinic

(Affiliate of St. Michael's Hospital)
79 Queen Street East
Toronto, Ontario
(416) 360-6590

Contact:
Sister Teresa

Objectives

Broadview is a general medical clinic with particular interest in the problems of smoking, stress, obesity and nutrition. They do lead studies of local children, and encourage community participation in their programs.

Special Projects

"Drugs and the Elderly" - starting Fall 1981.

Department of Public Health

City Hall
Toronto, Ontario
M5H 2N2
(416) 367-7401

Objectives

At the time of this printing, the Toronto Department of Public Health has a number of programs which relate to the issues of chemicals and health. During 1982, the Department will be going through structural changes, and these programs will be offered in different locations throughout the City.

However, we know that Chemicals and Health will be an increasing priority for the Department in years to come. The landmark document *Public Health in the 1980's*, published in 1978, stresses the importance of dealing with man-made threats to health, and we will see a growing emphasis on preventive programs to combat them.

Health Advocacy Unit

The Health Advocacy Unit was set up in 1979, based on recommendations from *Public Health in the 1980's*. The Unit has already devoted much of its work to environmental health issues. A major report, *Our Chemical Society*, underscores the importance of municipal action and citizen involvement to reduce chemical proliferation, and outlines steps for individual, community and governmental action. Other HAU reports tackle "Chemical Society" issues separately. They include: Asbestos, 2,4-D, and pesticide use. A report on the quality of drinking water will be produced by the Department early in 1982.

Food and Sanitation Division

The services of the present Food and Sanitation Division will be renamed Environmental Health and Inspection Services in the new Health Areas. They will still be supervising the maintenance of sanitary conditions in restaurants, food processing plants, and buildings, and can advise citizens on the use of pesticides, rodenticides, disinfectants, and other cleaning products. They are informed about asbestos and urea formaldehyde removal, drinking water quality, and other environmental issues.

Healthiest Babies Possible

The Healthiest Babies Possible program is aimed at raising the health standard of Toronto babies through primary prevention techniques. A chief concern is preventing tobacco, caffeine and alcohol consumption, and increasing the intake of nutritious foods.

Family Planning Division

In each Health Area, family planning experts will work with community members and local groups on family planning and sexuality. Referrals are made to affiliated clinics, which provide birth control services and counselling on birth control methods. Counsellors can also advise women on the safety of many female personal hygiene products.

Call the Public Health Department's main switchboard number (367-7401) to find out who to contact for information regarding your particular concern.

Hospital for Sick Children

555 University Avenue
Toronto, Ontario

Poison Control Centre:
(416) 979-1900

The Poison Control Centre, in addition to handling poisoning emergencies, puts out a pamphlet called "Please Make My World Safe" and other reprints on how to prevent chemical poisonings and accidents involving children. Call or write for your free "safety-proofing" package.

The Human Ecology Foundation of Canada Toronto Branch

c/o Bruce and Barbara Small, Editors
R. R. #1
Goodwood, Ontario
L0C 1A0

or

Mary L. Campbell
54 Summerhill Gardens
Toronto, Ontario
M4T 1B4
(416) 924-2014

Objectives

"Ecological illness", also known as "20th Century Disease" is a new and growing phenomenon whereby people are no longer able to adapt to common chemical exposures in their everyday environment. They may develop a variety of chronic or acute symptoms brought on by chemical substances in the air, food, water, clothing, cosmetics, or even the home in which a person lives. The Human Ecology Foundation exists to help people who are "ecologically ill" learn to live with their sensitivities by avoiding chemical exposures to the greatest possible extent. Since modern industrial society takes so many chemicals for granted, this often involves gaining awareness of where chemicals are present, and a total change of lifestyle. HEF is an action-oriented organization which believes that health *can* be dramatically improved by lessening chemical exposures.

Activities

- Maintenance of experimental pollutant-free house, "Sunnyhill Farm"
- Research into effects of various chemicals on health
- Research into sources of chemically non- or less-contaminated food, water, clothing, and household furnishings
- Encouraging physicians to become involved in investigating and treating ecological illness
- Counselling chemically sensitive people
- Promoting a healthier, less-polluted society
- Outdoor group, recreation activities at Sunnyhill Farm

Publications

HEF Quarterly, $10/year includes HEF membership. This interesting magazine covers the latest reports on the discovery, prevention and treatment of ecological illness; sources of chemically uncontaminated food and materials; book reviews, bibliographies, and personal stories of reactions to chemicals and solutions found

Volunteers

Volunteers are needed for many HEF activities, including:

- Searching out chemically uncontaminated food, water, fabrics, yarn, and clothing
- Telephone support for chemically sensitive people who are having difficulty coping
- Public education and promotion

Physicians acquainted with the ecological approach to health are also needed.

The Medical Reform Group of Ontario

P. O. Box 366, Station J
Toronto, Ontario
M4J 4Y8

Contact:
Dr. Donald Cole
(416) 653-5400

Objectives

The MRG was formed by a small group of doctors in 1978 in order to create a forum for progressive Canadian physicians to address the social dimensions of health and disease. The group now includes over 200 physicians and medical students. Non-physicians can participate as well as physicians.

Activities

In 1980, the MRG adopted resolutions dealing with, among other concerns, environmental health, occupational health and safety, and community health. Working committees are active in each area of concern. MRG promotes its policies through conferences, lectures, public forums, the media, in briefs to the government, and in its quarterly newsletter.

Publications

- Newsletter.

Ontario Federation of Food Co-ops

Contact:
Doug Holland, President
(416) 531-6697 or 232-1262

Where to find chemically unadulterated food is an ever more difficult problem to solve. Health food stores sell certain products which they claim are "pure", but the price is often high. A reasonable alternative is to buy as much of your food as possible in an unpackaged and unprocessed form. Food co-ops generally cater to people who want to buy unprocessed/unpackaged foods and, depending on its members, may seek "pure" foods as well. Contact the above organization to locate the food co-op nearest you.

A movement is underway to start a downtown Toronto Supermarket Co-op that is community owned and controlled. Contact Ms. Barrie Chavel at Alderman Reville's office (367-7916) if you'd like to get involved in its planning and development.

Alternatives

Toronto has dozens of doctors, chiropractors, nurse practitioners, massage therapists, nutritionists, hemopaths and other allied health professionals who believe that health is a state of total well-being, and not only the absence of illness. According to their training, they offer various types of therapy, treatment and counselling, often concentrating on preventive health practices.

South Riverdale Community Health Centre

126 Pape Avenue
Toronto, Ontario
(416) 461-2493

Health Educator:
Allie Lehman

Objectives

This is an innovative primary-care health centre which is operated by an elected Board of community residents. It offers standard basic medical care, but with an emphasis on patient's rights, nutrition and preventive health care, and a *de*-emphasis of medical drugs. (One of the doctors refuses to see any pharmaceutical company salesmen.) They do prescribe drugs, but only "when appropriate".

Activities

The Centre runs continuous stop-smoking, weight-loss, and nutritional workshops. A newsletter is put out by volunteers of the Centre, and requests can be made to be put on their mailing list. Members of the Centre ($3.00 per year - community residents only) receive it automatically. Public participation in the activities of the Centre is actively sought.

Special Projects

Environmental Health
Standing Committee

Norman Felkes, Chairperson
(416) 461-2493

One of the primary initiatives of the Centre concerns the detection and prevention of lead poisoning. Working with the Toronto Public Health Department and the Ontario Ministry of Education, this committee has been seeking a better understanding of the effects of lead on the body and assessment of the official allowable lead levels. They are presently working up to Lead Assessment Week in October 1982, when they hope to monitor lead levels of the entire community. This group is willing to help other communities with a lead problem who wish to organize.

Resources

The Centre houses a *lead library* with books, periodicals, and recent studies on lead and its associated problems.

Toronto East General Hospital

825 Coxwell Avenue
Toronto, Ontario

Poison Control Centre:
(416) 461-8272

This is one of two central numbers to call in a poisoning emergency involving adults or children. For children only, call the Hospital for Sick Children.

See also: Chapter 8 - "Women's Organizations" for further listings.

3 Environmental Groups

You soon learn that it's difficult to make any big social changes when you're fighting on your own. Most of the issues that affect you are affecting your neighbours, your friends, people in your community. You all need each other to fight the big issues. Some environmental groups have formed very important lobbies. They need your support. Even if you want to form your own group, you need them. They can offer advice, background information, organizational skills, and contacts.

Canadian Coalition on Acid Rain

201 - 105 Davenport Road
Toronto, Ontario
M5R 1H6

Contact:
Michael Perley, Executive Coordinator
968-2135

Objectives

The current and previous Federal Environment Ministers and the Ontario, Quebec and Newfoundland Environment Ministries have all called acid rain "Canada's most serious current environmental problem".

The Coalition on Acid Rain was formed in 1980 to acquaint Canadians and Americans with the magnitude of the problem, and to press both governments for a quick solution. The most powerful acid rain lobby in the country, this organization is structured for political action. Twenty-five member groups, including business, environmental, conservation and recreation groups, bring their total membership to 1,200,000.

Activities

- Lobbying
- Public awareness campaigns
- Research

Services

- Speakers - Provide selected materials upon request to groups and individuals seeking information about acid rain

Resources

- Selected research materials on acid rain
- Two audio-visual slide shows available

The Conservation Council of Ontario

45 Charles Street East
6th Floor
Toronto, Ontario
M4Y 1S2

Contact:
Dr. Arthur Timms
(416) 961-6830

Objectives

The aim of the Conservation Council is to bring together representatives of all environmental organizations, government agencies and individuals to exchange ideas and information and to work towards a united effort on behalf of the environment.

With 34 member groups, the C.C.O. might be the organization to contact, if you are wondering which environmental group to join.

Activities

- public education
- lobbying
- sponsoring forums
- publishing
- coordination of conservation efforts around the province

Publications

- Series of pamphlets: "Extinction", "Air Pollution", "Pesticides", "Water Pollution"
- A Conservation Bibliography
- *Conservation in a Changing World*, 1969
- "Solid Waste: Proceedings of a National Seminar on Opportunities for Recycling and Reduction at the Source"
- "Conservation for Young Folk"
- Ontario Conservation News, a monthly newsletter
- Distributor of "World Watch Papers"
- Publications list upon request

Federation of Ontario Naturalists (FON)

355 Lesmill Road
Don Mills, Ontario
M3B 2W8

Contact:
Ron Reid, Staff Environmentalist
(416) 444-8419/449-2553

Objectives

The F.O.N. is, in addition to being an organization of nature-lovers, a strong lobbying group on such issues as acid rain, PCB-burning and the South Cayuga waste site proposal. Professional staff members work full-time, in direct contact with government agencies in order to promote and protect its interests on behalf of the environment.

Activities

Public education on naturalist and environmental issues; Wilderness Trips, some to study environmental problems, i.e. acid lakes district; encouragement of private citizens' lobbying as well as organizational lobbying; publication of magazine, *Seasons*.

Services

- Advice to groups who are fighting a local environmental problem
- Speakers Roster - will send speakers upon request who can talk about a number of subjects of current concern, such as acid rain
- "Special Alert" list - When an environmental issue arises requiring citizen action, notice will be sent to everyone on the list providing background information and suggestions for letter-writing campaigns
- Guidance as to how to lobby effectively.

Resources

- Audio-visual library - approximately 10,000 slides on native and environment issues are available on loan.
- Reading Room on Naturalist and Environmental topics; bookstore.
- Mail order book and record service (discount for members); over 1,000 titles on natural history and the environment.

- Reading Room on Naturalist and Environmental topics; bookstore.
- Mail order book and record service (discount for members); over 1,000 titles on natural history and the environment.

Publications

Seasons magazine; by subscription and with membership.

Great Lakes Tomorrow

45 Charles Street East
6th Floor
Toronto, Ontario
M4Y 1S2

Contact:
Dr. Arthur Timm
(416) 961-6830

Objectives

Tomorrow depends on today, and upon that premise Great Lakes Tomorrow dedicates itself to improving citizen involvement in political and scientific decisions affecting the Great Lakes. This organization utilizes its expertise to work with local groups and lobbyists on projects concerning the Lakes' ecosystem. (Membership $12/year)

Services

- Speakers; information and referral; advice on lobbying efforts

Publications

- *Ontario Conservation News*, a monthly publication of the Conservation Council of Ontario, is distributed to members
- a Core Resource book for integrating studies of the Great Lakes into school curriculum is in process.

H.U.F.F.I.

(Homeowners with Urea Formaldehyde Foam in Ontario)

Central Toronto:
Frank Spitzer, President
(416) 789-7105

East End:
Pat Clarke
(416) 266-0308

West End:
Bill Tell
(416) 743-6545

Citizens with a urea formaldehyde foam problem in their home can contact this group for legal, financial or medical advice and information. H.U.F.F.I. is actively lobbying on Parliament Hill for compensation from the federal government to citizens who have suffered ill health effects or loss of property value as a result of installing the foam. New members are always welcome.

National Survival Institute

229 College Street
Toronto, Ontario
M5T 1R4

Contact:
Bea Olivastri, Executive Director
(416) 593-4101

Objectives

The NSI looks at the issue of chemicals in the environment or chemicals and health from the broader perspective of the global ecosystem. Their ultimate goal is "to transform Canada into a Conserver Society".

Activities

- Public education projects and posters on the Conserver Society
- Project to adapt Conserver Society principles to urban lifestyle and to low income families
- Advisory role towards many government and public groups; liaison with United Nations Environment Program
- Project Good Beginnings - developing "conserver" orientation in school children
- Coordinates "Environment Week" across Canada
- Develops Soft Energy Path Plans for each province
- Sponsors Heaslip Awards for Environmental Stewardship
- Innumerable other activities

Publications

- NSI Newsletter (periodical)
- Report on the Conserver Society
- Pamphlets

Resources

- Slide show on the Conserver Society
- Slide show on Soft Energy Paths
- "Environment Week" media and information package

Membership

Open. Volunteers and members are integrated into projects as productively as possible. $10.00 per year includes subscription to newsletter.

Pollution Probe

12 Madison Avenue
Toronto, Ontario
M5R 2S1

Contact:
Brian Marshall, Executive Director
(416) 978-6155

Ecology House
(416) 967-0577

Activities

This veteran environmentalist organization is still one of the most active independent fighters against pollution. Not ones to be accused of "all talk and no action", they have put their principles into words in the form of "Ecology House", the solar heated, energy efficient, food producing building in which the organization is housed. Tours are conducted daily.

Research and publications are also strengths of the organization. Membership is by subscription to the bimonthly newsmagazine, *Probe Post* ($20.00 per year for individuals; $30.00 per year for institutions).

Volunteers are always needed, for research, work on the *Post*, manning Ecology House, writing, graphics, etc.

Special Projects

A project is underway to prepare a handbook which facilitates the reduction and recycling of hazardous wastes by small industries. Case studies will illustrate innovative use of technology and demonstrate how "pollution prevention pays". For further information contact Moni Campbell or Lorraine Manley, (416) 978-6477.

Publications

Numerous. Include:

- *The Acid Rain Primer* ($3.00)
- *The Great Lakes Are Not...* ($1.00)
- *Air Pollution: Who Needs It* ($1.00)
- *2,4-D and 2,4,5-T Phenoxy Herbicides: A High Powered Battle Against Weeds* ($.50)
- *Recycling Information Sheet* ($.50)
- *The Environmental Reading List* ($.50)
- *Additive Alert*, by Linda Pim ($3.75)
- *The Invisible Additives*, by Linda Pim ($9.95)
- *Car Pollution: Primer on Automobile Emissions* ($2.00)
- *Ecology House Reports* ($.50)
- *Ecology House Fact Sheets* ($.50)
- *The Diesel Dilemma* ($1.00)
- *Road Salt Fact Sheet* ($.25)

Call or write for a complete publications list.

Resources

- Ecology House Reading Room, open Wednesday to Sunday, 12:00 - 5:00 p.m.
- Also a vertical file (clippings), Wednesday to Friday only

Audiovisuals

- Film on "Ecology House"
- Slide shows

Save Our Streams, Inc.

355 Lesmill Road
Don Mills, Ontario
M3B 2W8

Contact:
Sheelagh Walmsley
(416) 444-8419

Objectives

S.O.S. Inc. is a provincial, non-profit conservation group whose primary interest is the preservation of streams from environmental degradation. Two programs invite public participation:

1. *Operation Adoption*, where local citizen groups "adopt" a stream or part of a stream and undertake to care for it, rehabilitate it, and maintain it. (Scout and school groups are welcome to participate);

2. *Operation Alert*, a preventive stream maintenance program, offering information on adverse land use practices such as overuse of pesticides and fertilizers, and alternatives that can be used.

Activities

1. Public education (via speakers, displays, pamphlets, lobbying) on the need for stream rehabilitation, the sources of chemical pollution, and the alternatives to chemically-oriented land use practices.

2. Involvement of local citizen groups in actual projects of stream rehabilitation.

Publications

- Several pamphlets on various topics are available from their office.
- Two kits for the "Adoption" and "Alert" programs.

Audio-Visuals

- Three audio-visual presentations are available, one each on the "Adoption" and "Alert" programs, and one on *Stream Degradation and Rehabilitation Practices.* These are available in versions for children as well.
- 11-minute colour film, "Cold Water Streams and Endangered Habitat", available for lending.

The Sierra Club of Ontario

47 Colbourne Street
Toronto, Ontario
M5E 1P8

Contact:
David Kennedy
(416) 366-6692

Objectives

With their use of famous nature photographers and naturalist writers for publications of Sierra Club posters, calendars and books, the Sierra Club has arguably done more than any other group to alert city residents to the preciousness of natural resources. Much more than a hikers' club, this international organization is in the forefront of many important environmental struggles.

Activities

- Research
- Publication
- Public education; speakers
- Information and referral service
- Strong lobby on acid rain and other environmental issues

Services

- Public educational meetings, slide shows, etc.
- Outings to wilderness and natural areas

Resources

- Some materials on acid rain are available.

Publications

- Newsletter, Sierra Bulletin, with membership, $25/yr. single; $29/yr. couple.
- Many other Sierra Club publications available from national or U.S. office. Call or write for publications catalogue.

"Skywatch Team"

The 99's Club
46 Bayview Ridge
Willowdale, Ontario
M2L 1E5

Contact:
Carol Pathis
(416) 449-2789
or:
Ron Johnson
Ministry of the Environment
Information Services
(416) 965-7895

Objectives

Earlier in this century, Amelia Earhardt called together a convocation of "lady pilots" — there were 99 of them — and The 99's Club was the result. The gallant Amelia never knew what her "lady pilots" would be up to, though, in the 1980's: tracking down polluters from 2,000 feet up. The Skywatch Team puts their piloting skills to work accompanying Ron Johnson, the Ministry of the Environment's crack aerial photographer, as he gathers evidence for environmental orders and/or prosecutions. Illegal waste dumping, industrial waste plumes in Lake Ontario, belching smokestacks, oil-stained gravel pits, and suspiciously parked tanker trucks are things the team is trained to spot — and they do, often. They also fly with the Special Investigative Unit of the MOE.

This is not a club that everyone can join — you need to have a pilot's licence. It is nevertheless an example of how private activities and talents can be put to use in the interests of the environment.

Toronto Field Naturalists

112 - 51 Alexander Street
Toronto, Ontario
M4Y 1B3

Contact:
Helen Juhola, President
(416) 924-5806

Aims

To acquire and disseminate knowledge of nature and natural history, to preserve our natural heritage, and to encourage the appreciation of the natural environment.

Activities

"As observers of nature, we *notice* the adverse effects of chemicals (on it)", the president notes. Environmental concerns are thus becoming a more substantial part of their activities, which include:

- Monthly meetings include an illustrated talk by a leading naturalist or scientist
- Study groups, outings and hikes
- Maintenance of Nature Reserve and Toronto Bird Observatory
- Sponsors Audubon Wildlife Film series
- Public education, speakers, research

In all these activities, the T.F.N. tries to stress awareness of what a healthy natural environment is and why we all need it.

Publications

- *Ontario Field Biologist* - Twice-annual journal of naturalist research
- *Toronto Field Naturalist* - a newsletter, $10.00 subscription/membership. Records are kept in this newsletter of observations of changes in the ecosystem possibly related to chemicals and pollution
- Publications list of naturalist guides available.

Audio-Visuals

- T.F.N. Slide Show - A selection from their library of slides and prints donated by members is shown on request throughout Metro. It demonstrates the beauty and value of the natural areas of Toronto.

Union of Ontario Indians

27 Queen Street West, 2nd Floor
Toronto, Ontario
M5Z 1R5
(416) 366-3527

Contact:
Alan Roy (Environment)
Lorraine Bigcanoe (Health)

Objectives

The Union of Ontario Indians serves as a liaison between Government and the many Indian bands across Ontario. They try to connect Indian people to the services and opportunities offered to them (e.g. through the Department of Health and Welfare), and to carry their concerns and complaints to the appropriate government departments. Many of these concerns are environmental, as rural Indian bands still rely heavily upon the environment for their livelihood. There is also an increased militancy about protecting their health.

Services

- Fieldwork and research leading towards court cases and environmental hearings
- Lobbying for by-laws to be passed in areas close to reserves, in the interests of protecting the land, air and waterways
- Water testing (for pollutants)
- Air testing (Sudbury area)
- "Crisis Oriented Response System", i.e. representing the Six Nations' concern over the proposed South Cayuga hazardous waste disposal site
- Training native Canadians to work as community health workers
- Alcohol abuse prevention program

Publications

- Periodical, *The Ontario Indian*, many articles on health and the environment - $10.00 per year

World Wildlife Fund (Canada)

60 St. Clair Avenue East
Suite 201
Toronto, Ontario
M4T 1N5
(416) 923-8173

Contact:
Monty Hummel, President

Objectives

For those who may be interested in fighting chemical pollution from a wildlife perspective, the WWF is actively concerned with the preservation of the entire animal kingdom, from whale to insect. As Monty Hummel put it, "Even if you don't care about animals, you should recognize their value as biological indicators of what is happening to our environment. Certain species (e.g. birds) are affected more immediately and drastically by pesticides and other chemicals than we are — they are showing us what kinds of disease we can expect in our own bodily systems as concentrations of chemicals in the environment increase."

Activities

- Education and conservation
- $500,000 in projects to conserve various animal species across Canada, involving scientific and academic researchers
- Lobbying: acid rain, northern environment, pesticides

Services

- Education: A teacher's resource kit is available at a cost of $30.00; speakers will travel to schools, etc. upon request
- Information: This organization probably has the most current, extensive information on rare and endangered species in Canada and internationally. Any information you might possibly want on why a species is endangered or what effects certain chemicals might have on animals will be found here.

Resources

- Small, specialized wildlife reference library, including reports on parks, toxicology, Arctic environmental problems, and acid rain
- Audio-visuals: 12 filmstrips with cassettes; two short films on various topics of wildlife survival

Publications

- Quarterly magazine, "Working for Wildlife", containing updates on projects funded by the W.W.F. and other conservation news. Free with membership. ($20/year individuals; students and senior citizens pay what they can.)

4 Chemicals on the job

There are approximately 33,000 chemical substances in common use in North American workplaces.

We have known for hundreds of years that some of these, such as coal and asbestos, are health hazards. Yet in many cases, workers are still fighting to have the chemical dangers removed from their jobs.

In industry, about 300 new chemicals are introduced each year. In many cases, workers have died before it was understood that the chemicals they were working with were harmful to their health. Genetic damage may not appear for years.

It is important to learn to identify the chemical hazards on your job. The Ontario Ministry of Labour's Occupational Health and Safety Act, 1978, gives workers the right to refuse to do a job if they believe it endangers their health and/or safety. It also gives workers and employers equal responsibility for identifying health hazards and implementing controls.

Workers are, and always have been, the first to feel the effects of industrial and chemical advancement.

Talk to your co-workers or union members. Take the initiative to protect your health and safety. Don't be a guinea pig!

C.U.P.E.
(Canadian Union of Public Employees)

Regional Office
15 Gervais Drive
Toronto, Ontario
M3C 1Y8
(416) 441-2211

Objectives

CUPE represents thousands of working people in the Toronto area, in jobs ranging from hospital to office workers, lab technicians to maintenance workers, and a host of other occupations.

Activities

A 1978 study by the CUPE Health and Safety Committee found that: "CUPE members are not miners, but they are still exposed to silica; they do not produce pesticides, but they use them...Many of them work with a broad range of toxic substances..."

The study resulted in an excellent manual which would be of use to workers everywhere, union and non-union, both in the public and private sectors. It lists health hazards, including chemical hazards, by occupation; their effects and control methods.

Publications

- *The Health and Safety Hazards Faced by Canadian Public Employees, 1978.*
- *The Health and Safety Manual for Municipalities, 1980.* In addition to identifying workplace hazards, this manual offers a guide to hazardous substance recognition, practical information on how to organize a shop to protect worker health, and general philosophy of the workers' right to a clean environment.

Both manuals are available from:

Colin Lambert
Director of Health and Safety
C.U.P.E., National Office
21 Florence Street
Ottawa, Ontario
(613) 237-1590

Industrial Accident Prevention Association

2 Bloor Street East
23rd Floor
Toronto, Ontario
(416) 965-8888

Education Centre:
342 Wildcat Road
Downsview, Ontario
M3J 2Z9
(416) 965-8888

Contact:
Bud Bergie

Activities

This is a commercial occupational health and safety training centre. They offer 23 inexpensive courses on different aspects of industrial safety, some of which apply to chemical exposure. Some topics include chemical hazards identification, health effects of chemicals, and chemicals in confined spaces. Although the IAPA generally teaches at the request of management, anyone can contract their services to set up a course.

Resources

Large resource library, film and audio-visual library.

Publications

- "What You Should Know About Chemical Safety" (pamphlet)
- "Chemical Hazard Identification Guide" ($7.00)
- "Chemical Control Index Cards" ($4.50 per set of 100)
- "Safety Manual for the Graphic Arts Industry"

Full publication list available on request

International Association of Machinists & Aerospace Workers

240 Eglinton Avenue East
Toronto, Ontario
(416) 485-6519

Health and Safety Committee
1300 Connecticut Avenue, N.W.
Washington, D.C. 20036
(202) 785-2525

Publications

- *Help for the Walking Wounded*, by Thomas F. Mancuso, M.D., a short and to-the-point book about occupational disease and its prevention. $1.00 U.S. from *The Machinist* at the U.S.A. address
- *IAM Guide for Safety and Health Committees*, $0.25

Oil, Chemical and Atomic Workers International Union (OCAW)

67 Lakeshore Road East
Mississauga, Ontario
L5G 1C9

Contact:
John More, International Representative
(416) 274-1263

Objectives

To promote public awareness in occupational health and safety matters through educational programs and legislation, and to promote the establishment of safe and healthy working environments.

Activities

- Sponsors many training programs in occupational health and safety at several Ontario colleges and universities
- Reviews legislation; lobbying
- Research; consulting services
- Public education
- Provides specialized safety training and information on specific chemical hazards such as asbestos, radiation, carcinogens

Publications

Lifelines, monthly newsletter; one of the best union health and safety papers. $5.00/year to non-members of the OCAW, from American office, P.O. Box 2812, Denver, Colorado 80201.

Ontario Federation of Labour

Health and Safety Resource Centre
703 - 15 Gervais Drive
Don Mills, Ontario
M3C 1Y8
(416) 441-1939

The OFL is a non-aligned organization for all union and working people, intended to provide information, training, counselling, and lobbying power on issues that affect workers.

The OFL runs occupational health and safety training courses, both at their own Resource Centre and at workplaces, at the request of unions or groups of workers.

They also have a Health and Safety Resource Centre containing books, periodicals, files, and audiovisual materials. (See listing under Chapter 16 - "Films and Audiovisual Resources").

Publications

- "At the Source". A bi-monthly newsletter on labour and occupational health issues; free.
- "Resources". A brief directory of union, government, and academic resources for information on occupational health and safety and other labour issues, both in Ontario and the U.S. Contains a bibliography.

Ontario Public Service Employees' Union (OPSEU)

1901 Yonge Street
8th Floor
Toronto, Ontario
M4S 2Z5

Contact:
Bob Dematteo
Director of Health & Safety
(416) 964-1116

Objectives

This union represents some 30,000 provincial government workers in Toronto alone, 70,000 in the province as a whole. There is increasing concern among its members about occupational exposure to carcinogens, about the health effects of video display terminals (VDT's), and other occupational health hazards. OPSEU covers hospital technicians, who are a fairly high-risk group with respect to chemicals in their work environment.

Services

- Two courses in occupational health hazards are offered to all members, and another course on Health & Safety legislation
- Research on chemical dangers to workers is compiled regularly

Publications

- Manual on Health Effects of VDT's
- How to Work With Your Health & Safety Committee
- Guide to the *Occupational Health & Safety Act*
- Guide to Regulations in Industry
- Brief to the Royal Commission on Asbestos

Union of Injured Workers

765 St. Clair Avenue West
Toronto, Ontario
M6C 1B4
(416) 657-1215

Objectives

From 20 to 30% of injured workers have no union in the workplace and thus no support services in seeking worker's compensation or preventive occupational

safety measures. Other injured workers, union or non-union, are dissatisfied with the services of the Workers' Compensation Board and/or the provisions of the Occupational Health and Safety Act. The Union of Injured Workers exists to fill these gaps and fight for broader, more realistic compensation for victims of accidents and industrial diseases.

Services

- Legal services re compensation
- Counselling and medical referrals
- Lobbying for greater recognition of occupationally caused diseases

Publications

Brief to the Ontario Government concerning changes in the *Workers' Compensation Act*: "The White Paper on Workers' Compensation - The Response of Injured Workers". This brief was prepared in conjunction with IAVGO, Injured Workers Consultants (IWC), the Centre for Spanish Speaking People, the Association of Pensioners and Injured Workmen of Ontario (APIO) and the Toronto Committee on the Weiler Study (White Paper on Workers' Compensation).

One of its concerns is that independent medical experts on occupational diseases should be allowed to adjudicate differences between the worker and the Workers' Compensation Board doctors.

See also Injured Workers Consultants

United Auto Workers (UAW)

15 Gervais Drive
Toronto, Ontario
M3C 1Y8
(416) 447-7310

Contact:
Jim Gill

Objectives

UAW workers are exposed to virtually every type of chemical in various aspects of manufacturing, and the Union has test equipment and facilities for assessing all chemicals. The UAW has a full-blown workers' educational program on occupational health and safety for their 4,000-5,000 members. Briefs are submitted to government on relevant topics. Union staff is responsive to public inquiry

Services

- Consulting to local unions on occupational health and safety matters

Resources

- Large reference library

Publications

- Solidarity (newspaper)
- Solidarity Canada (newspaper)
- UAW weekly newsletter
- *The Hazards of Lead and How to Control Them*, 22 pages, $.75 (U.S.) from the U.S. office, Social Security office, 8000 East Jefferson Street, Detroit, Michigan, 48214.
- *The Case of the Workplace Killers: A Manual for Cancer Detectives on the Job* (available for $1.00 U.S. from the UAW Purchase and Supply Department, 8000 East Jefferson, Detroit, Michigan, 48214.

Workers' Compensation Board

2 Bloor Street East
Toronto, Ontario
M4W 1A8
(416) 965-7822 - Communications Department
(416) 965-8851 - Claims Inquiry

Objectives

To determine the rights of workers to legal counsel, medical care, and financial compensation with respect to risks and injuries suffered on the job.

Activities

- *The Industrial Diseases Section* (965-8804) adjudicates claims made by workers of occupational diseases derived from chronic exposure; i.e. cancer, tuberculosis, silicosis, etc.; and also fatal accidents.
- *The General Claims Section* (965-8851) adjudicates claims for chemical and safety accidents, lead poisoning, blast injuries, and other specific incidents.
- *The Medical Section* has considerable expertise on the effects of various chemicals on health and can be reached for advice. (David Sanders, Industrial Disease Research Specialist, 965-0474)
- Some of WCB's decisions are refuted by workers and union representatives, and their acceptable exposure levels are very controversial. Groups such as the Union of Injured Workers, and Injured Workers Consultants, have been set up to offer alternative views and claims.

Services

- Legal
- Counselling
- Speakers

Publications

Occupational Diseases Handbook (free). Lists potential chemical hazards by occupation; also contains a concise directory of chemicals and their effects on the body.

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5 Community Groups

There are hundreds of community centres around Toronto, and many of them offer health services such as stop-smoking clinics, alcohol and drug abuse counselling, and nutrition workshops. Some, like the South Riverdale Community Health Centre (see "Health Services") are run by the community itself and respond to its particular concerns regarding health, the local environment, legal aid, and the like. As there are too many centres to list here, we have given you the number of the Association of Community Information Centres in Ontario, which can direct you to the community centre in your neighbourhood or help you locate a particular service.

Remember: what goes on in a community centre depends on who "the community" is and what its active members want or need. Many people have been successful in organizing their community around health or environmental issues that concern them.

Association of Community Information Centres in Ontario

c/o Ernestine Van Marle
1530 Albion Road
Etobicoke, Ontario
M9V 1B4

Objectives

This non-profit, charitable organization serves as a clearing house for references to community information centres around Ontario dealing with health, social or other problems. They can help you find your way through government networks and connect you with the appropriate agency, whatever the problem.

Community Information Centre of Metro Toronto

34 King Street East
3rd Floor
Toronto, Ontario

(416) 863-0505

Objectives

This is the central clearing house for information about community services and centres around Metro Toronto.

Consumer's Association of Canada

Ontario Regional Office
400 - 27 Carleton Street
Toronto, Ontario
M5B 1L2
(416) 977-2628

National Office:
2680 Southvale Crescent
Level 13
Ottawa, Ontario
K1B 5G4

Health Committee:
Rose Rubino
(416) 233-6528

Objectives

The Consumer's Association of Canada is a voluntary non-profit organization which concerns itself with the safety of various products being marketed, including food, food additives, pesticides, and drugs. Tests are carried out and published in their magazine, *Canadian Consumer* (subscription $12.00 per year, write to National Office)

Services

Answering consumer questions and complaints; mediating complaints or referring to appropriate agencies; resolutions on products are passed on to government for appropriate action.

Membership is open to the public. Anyone with an interest in a particular product or subject can become a member and gain support for their interests.

York Community Services

1651 Keele Street
Toronto, Ontario
M6M 3W1

Contact:
Dr. Donald Cole
(416) 653-5400

Objectives

A multi-service community centre providing a wide range of "human services" - legal, social, mental and physical health, and educational.

Services

- General resource and referral centre for the public, especially with respect to occupational health and safety or other health problems

- Takes references from unions, consults with unions on health problems

- Legal and medical staff work together on compensation cases

6 Churches and the Environment: A New Crusade

The involvement of the churches in the concrete issues of people's daily lives has entirely changed the meaning of "being active in the church". Many churches have become far more willing to take a stand on important social and political issues. In Canada, energy policy, nuclear power, pollution of Indian lands, and other environmental concerns have become almost as central to the churches' activities as human rights is in Latin America. It is encouraging to see this kind of commitment, as the churches still wield a lot of moral and political power, and their attempts to lend this power to the cause of the environment is invaluable.

If you belong to one of the churches listed in the following pages, consider getting involved in their social action projects. Organize one if your church does not have one already.

Anglican Church of Canada

600 Jarvis Street
Toronto, Ontario

Contact:
Rev. Peter Hamel
Social Action Ministry
(416) 924-9192

Objectives

Although it acts more on a national than a local level, the Anglican Church cannot be left out of this directory, because it is the driving force behind the nationwide protest against the Amax Corporation. Amax is a multi-national mineral mining corporation which has been granted a special permit by the Federal Government to dump its mining wastes into the coastal waters of British Columbia, which the Nishga Indians depend on for their food and livelihood. The issue demonstrates the insensitivity of the mining industry to ecological considerations, and the needs of native people. It is also a choice example of the widespread collusion between government and industry to the detriment of the environment.

Bloor Street United Church

"Simple Lifestyle Group"
300 Bloor Street West
Toronto, Ontario
(416) 924-7439

Contact:
Ruth Mechanicus

Objectives

Many people are not politically oriented, nor can they see themselves involved in radical action of any type. Yet they have absorbed the "lessons" of our technological age and want to practice an environmentally-aware lifestyle. This informal group aims to look into the consequences of our affluent society; to seek ways to live a simpler, healthier way of life; to share and preserve resources; and to avoid excessive and unnecessary production, processing and packaging. Recycling, bicycling, and nutrition are some of their active concerns.

Canadian Friends Service Committee (Quakers)

60 Lowther Avenue
Toronto, Ontario
M5R 1C7

Contact:
Gini Smith or Kathleen Hummelin

Objectives

A religious community which has as its ultimate aim the abolition of all cause for war.

Activities

"Mention any kind of pollution problem, and you can be pretty sure that some Indian reservation has it", Ms. Smith comments. The Quaker Committee for Native Concerns is highly involved in the issue of chemicals with respect to the pollution of Indian reserves. Uranium mining at Elliot Lake, mercury in the English Wabigoon River System, PCB's, and other sources of pollution have all been examined, as well as energy and nuclear issues.

Public education and direct support of Indian struggles are their main objectives.

Publications

- Quaker Concern, a monthly newsletter, by donation

Resources

- Slide tape show on chemical pollution of Indian lands; speaker to accompany show.

Jesuit Centre for Social Faith and Justice

947 Queen Street East
Toronto, Ontario
(416) 469-1123

Contact:
Jim Webb

Objectives

The resource of this organization, relevant to chemical issues, is the residency of Sister Dr. Rosalie Bertell, a world-renowned expert on the health effects of low level radiation. Although she is mainly involved in research, she will make her expertise available to community groups requiring it.

Audio-Visual Resources

A number of highly informative T.V. programs and interviews with Dr. Bertell on the subject of radiation are available in video cassette form. Research papers are also available.

Task Force on the Churches and Corporate Responsibility

129 St. Clair Avenue West
Toronto, Ontario

Contact:
Renate Pratt
or Moira Hutchinson
(416) 923-1758

Objectives

This is an ecumenical working group which tries to put the power of the churches and their members behind issues of conscience and social justice. Environment and energy issues fall increasingly within the scope of this organization's concerns.

United Church of Canada

85 St. Clair Avenue East
Toronto, Ontario

Contact:
Social Action Committee
Susan Kilburn - (416) 482-4824
or Rev. John Foster

Objectives

The United Church of Canada is active in many areas of social concern, including nuclear energy and acid rain.

Activities

- Educational/speakers; seminars.
- Lobbying on behalf of uranium miners, and on the issue of acid rain.
- Support for local citizens' groups trying to inform themselves and do something about environmental problems. The Muskoka Presbytery is very active in the fight against acid rain pollution. The United Church has helped them produce an educational package on acid rain for groups who wish to inform themselves. Supported Sudbury group in producing a seminar on nuclear safety.

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7 Chemicals and Kids

Like birds and small animals, children are more susceptible to harm from chemicals in the environment than adults.

Even the environment of the womb may not be safe: drugs, alcohol, nicotine, food additives and air pollution all reach the unborn baby through the mother's bloodstream.

How can we safeguard our children from chemicals in the environment?

- Avoid all alcohol, caffeine, tobacco and non-essential drugs during pregnancy.
- Poison-proof your home. 619 children were accidentally poisoned in Toronto last year.
- Don't smoke — at least at home! Babies of parents who smoke are more prone to respiratory ailments.
- Many pregnant women claim they don't care if smoking makes them have a smaller baby because they think their delivery will be easier. But smokers' babies have a higher incidence of learning difficulties, lower resistance to disease and infection, and other health problems!
- Guard against lead poisoning. Paint on old furniture, toys and walls can contain high levels of lead. Don't let kids chew on them.
- Prevent accidents. Chemical burns and explosions cause many tragedies involving curious children, even at "the age of reason". Teach them chemical caution.

The following are some listings of health services for your child and some organizations which offer activities to help make him/her more aware of the importance of a clean environment. At some future date, we hope to put together a Teacher's Guide to Activities and Resources on Chemicals, the Environment and Health. But for the time being, teachers can derive ideas for learning activities by leafing through this manual.

Hospital for Sick Children

555 University Avenue
Toronto, Ontario

Poison Control Centre:
(416) 979-1900

The Poison Control Centre, in addition to handling poisoning emergencies, puts out a pamphlet called "Please Make My World Safe" and other reprints on how to prevent chemical poisonings and accidents involving children. Call or write for your free "safety-proofing" package.

PAIRS

(Parents and Infants Resource Services)

180 Bloor Street West
Suite 603
Toronto, Ontario
M5R 2V6
(416) 921-2153

Activities

Pre- and post-natal education and counselling designed to complement the medical supervision of pregnancy and the first months of parenthood. Strong emphasis on nutrition, anti-smoking and alcohol, and avoidance of pregnancy drugs.

Publications

"New Parent News"

Portable Theatre

20 Hurndale Avenue
Toronto, Ontario
(416) 436-0000

Objectives

This innovative theatre group creates original plays for adults and kids on themes "with a message". Their present production is sponsored by the York-Toronto Lung Association, entitled "*Raiders of the Lost Breath*" - a spoof on smoking and other sources of lung pollution (Contact Wendy Brickerstaff, 226-1454).

The Portable Theatre will perform for your school or community or organization, and will also work with a sponsoring group to help develop a new play around an issue.

Public Focus on Great Lakes Pollution

232-C Gerrard Street
Toronto, Ontario

Contact:
Sally Leppard
(416) 968-6253

Objectives

A public-interest publishing group concerned with the ecosystem of the entire Great Lakes Basin. So far, they have published two books for children and are working on a third. This group is always interested in "ideas" for new books, for children or adults. Writers and other people are welcome to contact them.

Publications

- *Rain, Rain, Go Away: A Colouring Book on Acid Rain* ($1.50)
- *The Dotted Dragon: A Colouring Book on the Great Lakes* ($1.50)

Bulk rates available for both books.

Toronto Junior Field Naturalists Club

c/o Mrs. Sheila McCoy
6 Arncliffe Crescent
Scarborough, Ontario
M1R 1B3

(416) 757-7570/71 or
(416) 493-3262
(Business hours)

Objectives

This is a club for children from 8 to 16 years of age who have shown or expressed interest in the natural sciences. For kids who love birds and bugs, trees and stones, environmental awareness is just one step from the obvious. Much attention is paid to the link between nature appreciation and conservation.

Activities

- Field trips
- Meetings every month with guest speakers and slide shows
- Production of "Flight Magazine", an annual journal of children's nature essays and drawings
- Visits to natural history museums
- Study groups: general interest, birds, mammals, insects, fish (reptiles, fossils, botany, ecology, mineralogy, astronomy, osseology, etc.).

Publications

- Newsletter, with membership ($5.00 per year).

See also: Chapter 2 - "Chemicals and Health" - Alcohol & Drug Concerns, Inc., and Smoking Prevention Program.

8 Women's Organizations

In recent years, women have begun to pinpoint health problems which are common to many of them, and to understand the social context from which these so-called "personal" problems derive. Among these problems are: smoking, alcohol and drug dependency; exposure to chemicals at work or even in the home (detergents, etc.); obtaining clean, healthy food and water; allergies and unexplained maladies; depression, and a general lack of well-being. They are also concerned with the task of protecting the health of their children, and even their *un*born children — the ever-fragile, vulnerable fetus.

Leaving the isolation of the home, they have formed groups, learned to ask questions publicly and to make public demands, done their own research, written books and papers, made films, been involved in community organizing and ultimately politics. As a result, the government, scientific and academic communities — still largely the preserve of men — have become aware that the health and "motherhood" issues so close to the hearts of women are in fact pressing issues which concern *all* of us, and deserve our society's immediate attention.

An article by Carolyn Merchant in *Environment* magazine (June 1981) proposed a further historical connection between women and *ecology*, ecology being "the science of the household — the Earth's household". Whatever the case, women are involved in these issues in many different ways — and by listing a special section of "women's organizations" we certainly don't mean to limit the field of action for women on "chemical society issues".

Addicted Women's Self-Help Network

348 College Street
(c/o R.E.C.)
Toronto, Ontario

Contact:
Peggy Carnegie
(416) 921-6053

Objectives

After much shared, unhappy experience with the medical establishment, many women have come to the conclusion that they can often be their own best doctors. This is a new "self-help" network for women who want to free themselves from drug and alcohol dependency. Volunteers are needed for childcare, clerical work, and other support services.

Services

- Self-help "Women for Sobriety" groups are held at various community centres.
- Peer counselling and referral.
- Speakers sent to meetings of interested women.
- "Women and Addiction" workshops offered upon request, based on the Women and Addiction Resource Kit, prepared by Health and Welfare Canada, Health Protection Branch.

Publications

Newsletter, monthly, "Sobering Thoughts", with $10.00 annual fee.

Childbirth and Parents Education Association of Toronto

33 Price Street
Toronto, Ontario

North Branch:
1333 Sheppard Avenue East
Toronto, Ontario

(416) 924-1628 for both branches

Objectives

Although these people won't guarantee you a "natural" (i.e. without drugs) childbirth, they will train you for the attempt and teach you about the different drug alternatives available in modern hospitals, and the pros and cons of same.

They also emphasize the dangers of cigarettes, alcohol, and drugs during pregnancy, and propose alternatives to pregnancy (i.e. anti-nausea) drugs.

Services

- Prenatal classes
- Education for healthy babies and mothers
- Natural birthing techniques
- Counselling

Resources

- Films, pamphlets
- Library on pre- and post-natal topics

Immigrant Women's Centre

348 College Street
Toronto, Ontario
(416) 924-7161 or 924-7860

Objectives

Primarily a health and social services outreach centre for immigrant women, this Centre is very concerned with educating women about nutrition and reproductive health care, preventive health education, and occupational health problems.

Health workers can communicate in Spanish, Italian, Portuguese and Chinese.

Activities

Three programs focus on:

1. *Canadian Health Systems* - how to deal with the established health care system; how to question treatment and prescriptions received; drugs and their alternatives; etc.

2. *Women's Health* - birth control and the reproductive system; stress; preventive health education; carcinogens and other occupational hazards; cancer prevention

3. *Nutrition as Preventive Care* - How to eat to avoid nutritionally -induced diseases (i.e. diabetes, allergies, obesity, etc.)

Audio-Visuals

Kits are available for the above three projects.

Publications

Women's Health Issues

Special Projects

Outreach Project re Occupational Health and Safety for Women in Factories.

Ontario Status of Women Council

700 Bay Street, 3rd Floor
Toronto, Ontario
M5G 1Z6
(416) 965-1111

Resources

The Status of Women Council has an excellent, easy-to-use resource library on women's studies topics, including women and drugs, alcohol, smoking, occupational health hazards, the abuse of women by pharmaceutical manufacturers through their advertising of psychotropic drugs, and environmental health hazards during pregnancy. Books, studies, manuals, resource kits, pamphlets, and newspaper clippings provide a wealth of information.

Publications

- "About Face" - A series of six reports aimed at improving the image and status of women in Ontario.
- "About Face VI: Women and Health" - includes a section on the hazards of chemicals and chemical combinations (e.g. Ajax plus Javex) in common use in the home.

Canadian Advisory Council on the Status of Women

Box 1541, Station B
Ottawa, Ontario
K1P 5R5
(613) 992-4975

Publications

- "Occupational Health Hazards to Women: A Synoptic View", by Ann George, October 1976, 132 pp. - This excellent study includes a discussion on health hazards for all occupations; health hazards in female-dominated occupations; hazards to pregnant women and their fetuses; carcinogens; current actions, policies and ideas in Canada and elsewhere; and a bibliography.
- "Reproductive Health Hazards in the Workplace - A Position Paper and Recommendations", by the CACSW, June 1980, 15 pp.
- "The Person Papers: Health Hazards at Work" - pamphlet, 16 pp., bilingual, Jan. 1977.

Women for Survival

427 Bloor Street West
(Trinity Church)
Toronto, Ontario

Contact:
Margaret Hancock
(416) 923-4215
(416) 534-2714

Objectives

This is an anti-nuclear and disarmament group which tries to unite women of all kinds around the issue of the health of women and children. "We consider nuclear power to be a very great threat to our health." Their concerns range from nuclear weapons to the health effects of low-level radiation.

Activities

Public education. Contact health professionals, women's groups, trade unions, etc., attempting to organize concerted action.

Publications

- Pamphlet available, free.

The Women's Bureau

Ontario Ministry of Labour
600 University Avenue
Toronto, Ontario
(416) 965-1537

Objectives

The chief function of this bureau is as an information and referral service regarding women in the work force. Occupational health and safety is one area of concern, particularly regarding women in office work.

Services

- Information and referral - wide network of labour, health, safety and women's groups.
- Speakers - on legislation affecting working women.

Resources

- Resource Centre - newspaper clippings, books, periodicals. Open to the public. The best in the area of "women's studies".
- Film library.

See also: Chapter 2 - "Chemicals and Health" for information on other organizations dealing with women's health issues.

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9 Wastes: All garbage is dangerous, but some Garbage is more dangerous than other... (Garbage)

Reduction, re-use and recycling of household wastes is something everyone can do to relieve our society's tremendous burden of waste disposal. Contacts to help you organize a recycling effort or to participate in those already underway, are listed in the following pages.

But the control of chemical emissions and industrial wastes is a problem which ultimately requires political solutions. Citizen and community action is imperative to get the kind of legislation passed that can tackle what has been called one of the major health concerns of the 1980's.

Waste Management Advisory Branch

Ontario Ministry of the Environment
2nd Floor
40 St. Clair Avenue West
Toronto, Ontario
M4V 1M2

Contact:
Borris Boyko
Manager, Industrial Section
(416) 965-9668

This Branch will respond to citizen enquiries or complaints concerning industrial or hazardous wastes.

Is Five Foundation

41 Laird Drive
East York - Toronto, Ontario

Contact:
Tony Ellis or Tim Michael
(416) 429-0822

Objectives

To make the recycling of garbage an active, practicable concern for the residents of East York, and an income-generating occupation for its organizers.

Services

- Curbside pick-up of recyclable products
- Office Paper Recycling Program
- Public education on the social and economic costs of garbage and landfilling, and on the practicability of the recycling alternative

Special Projects

An Advisory Committee on Energy Conservation is commencing this fall. The project hopes to involve citizens in finding private and public ways to conserve energy, such as in municipal buildings.

Ontario Recycling Information Centre

The Recycling Council of Ontario
41 Laird Drive
Toronto, Ontario

(416) 423-6555

Services

- Information and referral service. Where to bring your recyclable tin, glass and paper.
- Consultation with local citizens' groups on setting up a recycling project. Businesses and municipalities are also served.

TRAC
(Toronto Recycling Action Committee)

2nd Floor, East Tower
City Hall
Toronto, Ontario
M5H 2N2
(416) 367-7030

Although few people are aware of it, you can recycle your garbage in Toronto, if you want to. A list of 19 city-run recycling depots can be obtained from:

TRAC,
Public Works Department,
Sanitation Section,

505 Richmond Street West,
Toronto, Ontario
(416) 367-7721/(416) 367-7742

Waste Exchange Bulletin

c/o Ontario Research Foundation
Sheridan Park Research Community
Mississauga, Ontario
L5K 1B3
(416) 822-4111

Editor:
Dr. Laughlin

Objectives

"One man's garbage is another man's gold" is the motto of this project of the O.R.F., partially funded by the Federal and Provincial governments. This bi-monthly bulletin aims to "hook up" industries and recycling projects seeking to sell or dispose of large amounts of waste products, to other industries which may be able to use these same waste products. Categories listed include plastics, wood, paper, sludges, organic chemicals, acids, oil, and other wastes. Industries *or* any group involved in a recycling project should consider checking out the market for their collected wastes.

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10 Legal Resources

Canadian Environmental Law Association

8 York Street
5th Floor South
Toronto, Ontario
(416) 366-9717

Objectives

CELA has made a name for itself in the past decade as the only legal assistance clinic in the province dealing exclusively with environmental cases. They have championed the cause of environmental rights for citizens, and stood behind innumerable citizens' fights for the protection of the environment. Expert legal advice and counselling are offered, and CELA lawyers will represent citizens or citizen groups at hearings and court appearances. Often they can mediate conflicts without the necessity of going to court, but if it is necessary, the Ontario Legal Aid Plan will pick up all or some of the tab.

Publications

- *The CELA Newsletter* - a bi-monthly recount of environmental and legal news across Canada. By subscription, $10.00 per year.
- *The Canadian Environmental Law Reports* - The only Canadian legal reporter on cases having to do with the environment. $30.00 per year.
- A long list of briefs and articles on various environmental topics is available upon request. Briefs to Royal Commissions such as those on uranium mining, and asbestos, are available, as well as discussions of proposed or existing legislation.

The Canadian Environmental Law Research Foundation, an associated organization housed at the same address, publishes the following books:

- *Environment on Trial*: A Handbook of Ontario Environmental Law, Revised Ed., 1978, by J. Swaigen. ($6.95)
- *Environmental Management and Public Participation*, Ed. Phil Elder, October 1975. ($6.00)
- *Preserving Natural Areas in Ontario: Private Ownership and Public Rights*, by J. Swaigen, 1979. ($3.00)
- *Poisons in Public: Case Studies in Environmental Pollution*, by Ross Howard. ($8.95)
- *Acid Rain: The North American Forecast*, by Ross Howard and Michael Perley, 1980. ($16.95)
- *How to Fight for What's Right: A Citizen's Guide to Public Interest Law*, by J. Swaigen, Levy & Woods, 1980. ($8.95)

Also distributed through CELA:

- *Yes We Can: How to Organize Citizen Action*, by Elizabeth Amer, Synergistics, 1980. ($5.95)

Resources

Environmental Law Library, open to the public Monday through Friday from 9:00 a.m. to 5:00 p.m. Books, legal documents, briefs, reprints and periodicals.

Industrial Accident Victims Group of Ontario (IAVGO)

944-A St. Clair Avenue West
Toronto, Ontario
M6C 1C8
(416) 651-5650

Contact:
Brian Cooke

Objectives

IAVGO is a legal aid clinic for workers seeking compensation under the Workmen's Compensation Act. Although most of their cases deal with traumatic accidents, occupational diseases are a growing concern.

The clinic runs a training program for other legal clinics that want more expertise in Workers' Compensation.

They have presented briefs regarding changes in Workers' Compensation legislation, to facilitate recognition of occupationally (i.e. chemically) caused diseases.

Injured Workers Consultants

717 Pape Avenue
Toronto, Ontario
M4K 3S9

Contact:
Nick McCombie
(416) 461-2411

Objectives

I.W.C. is a legal aid clinic funded by the Ontario Legal Aid Plan specifically for injured workers' compensation cases. Many of their cases have to do with occupationally caused disease due to chemical exposure or accidents. They are in contact with a small network of physicians who are sympathetic to workers' health problems and are conscious of the impact of environment on health.

Resources

Reference library, both popular and technical materials, re occupational diseases, carcinogens, etc.

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11 Libraries and Resource Centres

Addiction Research Foundation

33 Russell Street
Toronto, Ontario
M5S 2S1

Marketing Services:
(416) 595-6260

Objectives

The Alcoholism and Drug Addiction Research Foundation (ARF) is an agency of the Province of Ontario which operates research, educational, clinical and community service development programs throughout the province. It is also a Collaborating Centre for Research and Training on Drug Dependence for the World Health Organization. It is the best source for both scientific and popular information on the health effects of smoking, alcohol, medical and illegal drugs.

Activities

- Research
- Publications and audio-visual production
- Detoxifying and anti-addiction programs

Publications

- *The Journal*, a monthly newsletter; free
- Pamphlets, working papers, books, fact sheets on "street drugs", alcohol, tobacco and caffeine, specialized bibliographies citing both medical and popular sources, microfiche files, symposia on alcohol and drug problems, posters and novelties

Audio-visual Resources

- 16 mm. films, available for one week previews at a cost of $35.00. Short films called "Trigger" films, intended to "trigger" thought and discussion, can be previewed for $7.50. Included among titles are films intended for youth, women, employees with drinking problems, and drinking drivers
- Audio and video cassettes
- "Projection", an audio-visual review service of the ARF, helps professionals select from the large number of audio-visual aids in the field of alcohol and drug dependence; one year (48 reviews) subscription costs $12.00

Write or call for your free "Educational Materials Catalogue".

Center for Art Hazards/Center for Occupational Hazards

5 Beekman Street
New York, N.Y. 10005
(212) 227-6220

Offers general publications on occupational health hazards and specifically on health hazards to artists.

Development Education Centre

Trinity Church
427 Bloor Street West, Basement
Toronto, Ontario
(416) 964-6901

The best reading room and bookstore in the City on contemporary political, environmental, labour and health issues. They have an excellent library of unusual films, video cassettes and slide shows, many of them from the U.S., Europe or the Third World. For sale or rent. See partial Film Resource List at the back of this book, or write/call DEC for a catalogue. Open 9:00 - 5:00, Monday to Saturday; 9:00 - 9:00 on Thursdays.

Ecology Center

2710 College Avenue
Berkeley, California 94705
(415) 548-2220

Reference library and clipping service on toxic substances and other environmental issues.

Environmental Health Directorate Library

Health Protection Branch
Health and Welfare Canada
Tunney's Pasture
Ottawa, Ontario
K1A 0L2
(613) 996-2635

See listing in Chapter 14 - "Government: Who's Who in the Ministries".

Faculty of Environmental Studies, Resource Centre

York University
4700 Keele Street
Toronto, Ontario
(416) 667-6454

Intended for students and faculty, but public can use for independent study on the premises.

Labor Occupational Health Program (LOHP)

Institute of Industrial Relations, UCB
2521 Channing Way
Berkeley, California 94720
(415) 642-5507

Publications

- *Monitor* ($5.00/year individual; $10.00/year for institutions), a highly recommended occupational health monthly
- *Working for Your Life: A Woman's Guide to Job Health Hazards*, 250 pp., $5.00/individual; $8.00/institutional
- *Foundry Worker's Manual*, by Janet Bertinuson and Sidney Weinstein, 100 pp., $5.00.

The Lead Library

South Riverdale Community Health Centre
126 Pape Avenue
Toronto, Ontario
(416) 461-2493

See section on Health Services.

Ontario Council on the Status of Women

Resource Centre
700 Bay Street
Toronto, Ontario
(416) 965-1111

Books, pamphlets, studies, reports, articles and clippings on many woman-related issues such as occupational health and safety, smoking, alcohol and drug use, food and nutrition, and the protection of the fetus against environmental damage.

Ontario Heart Foundation

Resource Centre
576 Church Street
Toronto, Ontario
M4Y 2S1
(416) 962-3600

Pamphlets, reprints, books, magazines, films, videotapes, and other materials for research and public education regarding the causes and prevention of heart disease. Information on smoking is a strength of this library. Open 9:00 a.m. to 4:45 p.m., Monday to Friday. Special booking arrangements for groups.

Ontario Ministry of Labour Library

10th Floor
400 University Avenue
Toronto, Ontario
(416) 965-1641

Very strong in occupational health and safety resources. Librarians could direct you to best technical or legal information on the subjects of chemicals on the job.

Public Media Center

25 Scotland Street
San Francisco, California

Advertising talent put to alternative "causes" has resulted in some brilliant posters and other materials on environment, health hazards and workers' rights. There are also publications on health hazards in the garment, culinary and printing industries. PMC makes extensive use of media to contact workers with information about occupational health and safety as well as providing workshops and training to workers, health professionals, and vocational school teachers. Write for publications and materials list.

St. Michael's Hospital

Occupational Health Resource Centre
3D South
30 Bond Street
Toronto, Ontario
M5B 1W8

Contact:
Jenny O'Grady
(416) 360-4312

See also Chapter 2 - "Chemicals and Health" - Occupational Health Services" Section.

Women's Occupational Health Resource Center

School of Public Health
Columbia University
60 Haven Avenue, B-1
New York, N.Y. 10032

An excellent source of materials on women and chemical health hazards on and off the job; headed by Judy Stellman, author of *Women's Work, Women's Health.*

See also:

Canadian Environmental Law Association
Environmental Law Library
(See Legal Resources)

The Women's Bureau
Ministry of Labour
Resource and Film Library
(See Women's Organizations)

Industrial Accident Prevention Association
Education Centre & Library
(See Educational Resources)

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12 Schools and Educational Resources

If what you hear about the health effects of environmental contamination makes you want to drop everything and find out how to protect yourself, you're not alone. Environmental and occupational health studies are proliferating at educational institutions everywhere. Public forums and speakers' series are occasionally offered by such organizations as the Canadian Environmental Law Association and the Health Advocacy Unit of the Department of Public Health. Keep your eyes and ears open for these learning opportunities.

Almost all the colleges and community colleges around Ontario now have courses, degree programs, and/or public forums on environmental topics. Some of these are to be found in the Health Sciences or Labour Studies departments, as well as in Environmental Studies. For example: the Humber College Centre for Labour Studies (676-1200, Ext. 467) is offering courses on industrial hygiene for working people concerned with the chemical hazards of the workplace and how to deal with them.

The educational opportunities are too numerous to detail here. We have listed the major environmental studies departments of Toronto universities below. Contact your local college or University for more information on their course offerings.

University of Toronto

Faculty of Medicine
Environmental and Occupational Health Unit
Room 305, Fitzgerald Building
Toronto, Ontario
Contact:
Dr. Gordon J. Stopps
(416) 978-6954

Institute of Environmental Studies
Haultain Building
Contact:
John Robinson
(416) 978-5341

Great Lakes Institute
(416) 978-2011
(for research on pollution and ecology of the Great Lakes system)

The Environmental Health Secretariat
Contact:
Vice-President of Research and Planning
(416) 978-2703

This new, university-wide organization, recognizing the inter-disciplinary nature of occupational and environmental health studies, works with the Faculty of Medicine, the Institute for Environmental Studies, and other faculties to coordinate research, education and communications in the field. Graduate and undergraduate, degree and non-degree courses are offered.

Continuing Studies - Seminars, short courses and conferences for students and the general public on many environmental and health topics are offered. Write for further information:

The Director
Environmental and Occupational Health Unit
Dept. of Preventive Medicine
Room 305, Fitzgerald Building
University of Toronto

York University

4700 Keele Street
Downsview, Ontario

Faculty of Environmental Studies
Dr. Daniel Cappon
(416) 667-2100

Since 1978, the Faculty of Environmental Studies has been offering, in addition to its degree courses, a series of non-degree workshops, special seminars and short courses aimed at students, faculty and the interested public.

Contact:
Audrey Armour
(416) 667-3011

For medical professionals and students:

Council of Ontario Faculties of Medicine Sub-Committee on Environmental and Occupational Health

Contact:
Dr. G. J. Stopps, Chairman
(416) 978-6954

This Sub-Committee has been set up to provide liaison on environmental and occupational health mat-

ters among the five Ontario Medical Schools. They are currently bringing together information on the educational research, informational, and service roles of each of the constituent schools — Toronto, McMaster, Queen's, Western, and Ottawa.

Contact them for information about programs at any of these institutions.

13 Government: Who's Who in the Ministries

Everyone who's ever tried to take his or her complaints or questions to "the Government" has a horror story of how he was shifted from one desk to another, from one Ministry to another, ending up with a bad case of telephone-ear and no satisfaction regarding the reason the call was made in the first place.

We have investigated the problem and have come up with the following simplified guide. As a general rule:

- The *Information Services* number of each Ministry can answer your general questions or refer you to the specific person in charge of the problem that concerns you.
- The *Regional Office* of each Ministry handles complaints and problems, such as water or air quality testing, waste spills, inspections, etc.
- The *Communications Branch* of each Ministry distributes pamphlets, papers, fact sheets, posters, books, reports, and all other forms of information. Most of these have a publications list, educational resources, and films.

If you are in doubt as to which Ministry to contact (there is overlap in some functions) or whom to contact in which Ministry, call:

Citizens' Inquiry Desk
(416) 965-3535

This is a computerized cross-referencing service for all numbers within the Provincial Government.

Recommended Publication
KWIC (Key Word in Context) Index - a complete guide to Ontario Government services. $2.50 from:

Publications Service Section
Ministry of Government Services
880 Bay Street, 5th Floor
Toronto, Ontario
M7A 1N8

This easy-to-use directory uses a new "key word" index for easier access to Ontario Government Ministries, programs and services. It includes a complete description of every program and service offered by all Ministries and agencies of the Ontario Government; a guide to provincial legislation; a list of all regional, field and area offices and courts throughout the province; and more. It is published by the Citizen's Inquiry Bureau of the Ministry of Culture and Recreation, and is recommended for libraries and any person or institution who must deal frequently with the Government.

Ontario Ministry of Agriculture and Food

801 Bay Street
Toronto, Ontario
M7A 2B2

Minister:
The Hon. Lorne C. Henderson
Information Branch:
(416) 965-1056

Education, Research and
Special Services Division:
(416) 965-6695

Short courses and correspondence courses as well as degree programs are offered by this division. Information on the use and hazards of pesticides is available, as well as a pesticide residue testing service.

Ontario Ministry of the Environment

135 St. Clair Avenue West
Toronto, Ontario
M4V 1P5

Minister:
The Hon. Keith C. Norton
(416) 965-1611

MOE Complaints and Information Desk:
(416) 424-3000

MOE Information Services:
(416) 965-7117

MOE Publications Centre:
c/o Ministry of Government Services
5th Floor, 880 Bay Street
Toronto, Ontario
M7A 1N8

The Information Services people swear by the complaints number, but in many cases you will be referred back to Information Services. Most pollution complaints are handled by the regional offices, but in Toronto the 424-3000 number is used. You would also want to call Information Services to enquire about films, photographs, publications, etc.

Ontario Ministry of Health

Hepburn Block
80 Grosvenor Street
Toronto, Ontario
M7A 1R3

Minister:
The Hon. Dennis Timbrell
(416) 965-2421

Information Services
Health Promotion and
Information Branch:
Jean Love - (416) 965-5167

Communications Branch
Health Resource Centre:
Judith Richardson - (416) 965-7897

The Health Resource Centre has a resource catalogue listing pamphlets and posters currently available. An audio-visual resource catalogue is also available.

Ontario Ministry of Labour

400 University Avenue
Toronto, Ontario
M7A 1T1

Minister:
The Hon. Robert G. Elgie, M.D.
(416) 965-4101

Occupational Health and Safety Branch
7th Floor
(416) 965-3211

MOL Library
10th Floor
(416) 965-1641

Information Services
2nd Floor
(416) 965-7941

Women's Bureau:
15th Floor
965-1537

Communications:
(416) 965-8948

If you find your inquiry is getting the run-around or you aren't satisfied by the response, as a last resort you can contact:

The Ontario Ombudsman
125 Queen's Park
Toronto, Ontario
M5S 2C7
(416) 596-3300

To call on the Ombudsman, all statutory provisions must first be exhausted — the appropriate Ministry must be approached, then recourse taken to existing legislation. If you have still not gotten a satisfactory answer or response, write or call the Ombudsman.

Federal Government

Environment Canada

Fontaine Building
Ottawa, Ontario
K1A 6H3

Minister:
The Hon. John Roberts
(613) 997-1441

Information Services and Publications:
(613) 997-2800

Ontario Regional Office:
55 St. Clair Avenue East
7th Floor

Toronto, Ontario
Reg. Director:
Dr. R. W. Slater
(416) 966-6406

Health and Welfare Canada

Brooke Claxton Building
Ottawa, Ontario
K1A 0K9

Minister:
The Hon. Monique Begin
(613) 996-5461

Regional Information Officer:
Nes Lubinsky
9th Floor
789 Don Mills Road
Don Mills, Ontario
M3C 1T5
(416) 966-5535

Bureau of Chemical Hazards

Environmental Health Directorate
Environmental Health Centre
Tunney's Pasture
Ottawa, Ontario
K1A 0K9

Director:
J. R. Hickman
(613) 992-8612

There are many other bureaus working on drugs, food, alcohol, environmental and occupational health programs to which Information Services can direct you as appropriate.

Educational Services
Health and Welfare Canada
Ottawa, Ontario
K1A 1B7

Director:
E. Margaret Pope

This office will supply free publications and other resources to any interested citizen. Many pamphlets are available on food and food additives, prescription and non-prescription drugs, cosmetics, contraceptives, occupational and environmental hazards. Ask about the "Dispatch" Fact Sheet series.

The Game of Letters

If environmental abuses make you see red and feel blue, take heart! You can brighten up your life *and* the world with a letter. Here's how to do it.

By Ron Reid

So you're upset with the government's record on protecting wilderness areas. Maybe they've just caved in again to yet another corporate polluter. And they will insist on building roads through our most scenic recreation areas. You want to do something to help change their ways, but the enormity of the task makes success look hopeless.

What can you do?

One of the most effective weapons, readily available and proven by the test of time, is simply a letter to the various Ministers responsible for protecting the environment. Such letter-writing can become a fine art, but most of us are a little uncertain just how to begin.

Do letters really count for anything? You bet they do! A senior Ontario Cabinet minister told a group of us last year, "I look to letters to tell me how much people care about an issue". The implication is clear — if a Minister receives dozens of letters on one side of a subject, he has a measure of his constituents' feelings and a basis for action.

But why write a Minister, when he probably doesn't know anything about your particular gripe anyway? Well, for several reasons, depending on the circumstances. You may be unsure just who within the bureaucracy deals with your problem, and writing to the Minister is the best way to get it channeled properly the first time round. You might want to shake up some civil servants who have been unsympathetic or downright unhelpful in earlier dealings. Even though these same people may write the response for the Minister, his involvement can have a wondrous effect in changing their viewpoint. Often you may want to write a politician as part of an organized campaign, to demonstrate the strength of numbers holding your view. And finally, you can write because it's fun! Creative hell-raising by correspondence should rank right up there with birding and photography as an invigorating sport — a stimulating way to exercise your creative flair, often with environmentally beneficial results as a bonus!

But what if you're uncertain of all the technical complexities surrounding an issue? Not to worry. You probably know as much about it as the Minister, and anyway those thousands of civil servants are supposed to be paid to help *you* understand the technical details. One of the biggest hurdles to effective letter writing is the groundless fear that you have to be an expert to discuss an issue, a fear all too often cultivated by civil servants.

Cast out such thoughts, and banish them forever! We live in a democracy where everyone has the right to set goals and to urge action towards these goals. The experts should be telling us how to get where we want to go, but they have no special claim on naming the destination. If you feel strongly that wildlife should be preserved, or the waters of Lake Erie made clean again, or whatever, feel free to speak up. The most important role of politicians is to set these goals, and decide their priority, and then to instruct, cajole, harangue, and bully the bureaucracy into accomplishing them. To do that they need your help, often for direction and moral support, but seldom for technical expertise.

What then should your letters contain? The contents vary according to their purpose, but in general they should be relatively short, forceful and to the point. Be as specific as possible without being tedious, and if you have the talent to be witty, a little humour never hurts. (Among other things, you can then fantasize how some anonymous, grey civil servant will be sweating out how to respond without looking silly.)

If you can praise the Minister's record, even by suggesting that this particular action is out of character, do so. If you can link the subject of your letter to other government actions, policy stances or statements by other Ministers, be sure to suggest these links. Local examples are especially effective, because they convey the usefulness of your suggestions. ("If we'd only had this legislation when poor old Uncle Walt's well got poisoned back in '68...").

If you're uncertain of your technical basis, ask leading questions instead of making statements. In any case, be sure to put in questions so that the Minister has to respond.

Most important, be specific about what you want him to do. The most common weakness of letters to politicians is their failure to identify a specific request, to which he must react. Even if you are unsure of exactly what action is needed to correct your concern, try to force a specific response. (For example, you could ask what options the Ministry has examined to deal with this problem, and the advantage and disadvantages that they see in each option.)

How spiteful and vindictive should you be? On the first letter, especially if you are opening a new subject, I'd suggest that you give the Minister the benefit of the doubt. Be forceful but positive (I'm sure you agree that this kind of protective measure will benefit us all...etc., etc.).

If your first response is particulary asinine, or if some nitwit Minister has a consistently bad record, a colourful hatchet job may be the only recourse. Creatively pouring all your venom into a political letter can be therapeutic, even though it's seldom especially effective. And you have to be prepared for the occasional backlash — one particularly vicious letter-writer got a fast response from the Minister inviting her to telephone and say those things in person!

What can you expect in response to a first letter? Undoubtedly, a long wait. Ministers are notoriously slow in answering mail. At the federal level, they now even acknowledge the receipt of your letter by an assistant so that you don't give up hope as the weeks roll by. If you hit a sore spot in the government's thick hide, expect either an unusually long wait, while they sort it all out, or a surprisingly short one, to try to fob you off quickly.

Minister's responses are usually of three varieties — affirmative, agreeing with your stance (seldom); zero, ignoring all your questions and saying absolutely nothing (tried fairly frequently); and bafflegab, when they swamp you with technical details and excuses (would probably be tried more often but too much work). The overwhelming odds are that your first response just won't be satisfactory.

Ministers live in the fond hope that you'll just go away. But don't give up, the fun is just beginning. Go back to your original letter, and pull out all the questions the Minister didn't answer. Point out inconsistencies between his response and others you have received on the subject. If you're lucky, there will be inconsistencies in the Minister's letter itself — point those out too. Refute his arguments — there are always weak spots — and re-emphasize the desirability of your goals. If you're concerned about winning an issue, it's the second letter, and the third, that really count, because it makes the Minister and his advisors really look at what you're saying, rather than just fobbing you off. If you're writing mostly for entertainment, these subsequent letters give your creative genius a chance to really shine, responding to some of the incredibly silly things that politicians are wont to say when they're not paying close attention. Letter-writing is like a slow game of ping-pong — always try to keep lobbing it back to your opponents in their weakest spot.

One easy way to increase the effectiveness of all your letters is to copy them to other interested parties. After all, you don't want to waste all that creative genius on only one Minister. Send copies to the leaders or critics of both Opposition parties — it keeps them informed, and sometimes they go after the Minister for you in the Legislature. If you are dealing with a split jurisdiction or you are quoting another Minister, send him a copy as well — nobody likes to be embarrassed in front of his colleagues. If you are having trouble with a particular Minister, send a copy to the Premier, to keep him on his toes. If you're dealing with an issue of local interest, your newspaper editor will usually willingly print a copy of the letter. And if you're dealing with an issue of interest to a conservation group, send them a copy as well. It keeps their spirits up, and you might even get some free help.

If you are deadly serious about accomplishing results with your letters, the three R's apply: be right, reasonable and repetitive. But don't forget to have fun along the way.

Some budding authors sponsor letter-writing parties, to stimulate creative sparks and see who can come up with the wittiest letter. Others prefer the Lone Ranger approach, rising restlessly in the middle of the night to dash off a letter, or holing up in a favourite armchair with a writing pad and a bottle of gin.

But whatever the technique, an enthusiastic approach to letter-writing can create a new art form, and increase the effectiveness of us all in championing conservation causes. The pen is still mightier than the sword, and its cut and thrusts can be almost as painful if aimed in the right direction. (Anyway, it's tough to find good swords these days.) So dust off your favourite cause, pull up a chair, and make that paper sing — there are politicians by the dozens just waiting to hear from you!

Reprinted from *Seasons* Magazine, a publication of the Ontario Federation of Naturalists, Winter 1980.

14 Politics!

Anyone who reads the newspapers or listens to radio knows that no matter how much you do as an individual to protect the environment or avoid personal chemical exposure, changing "our chemical society" into an ecologically sensitive one is a matter of politics. Having good laws that are strongly enforced is crucial.

The intent of this booklet is to encourage individual action on behalf of a healthier environment. Although there are many ways to do this, a key part of activism is getting to know the parties and politicians involved in chemical society issues, and to fight for protective legislation.

On a practical level, "the government" is not a faceless monolith, but a very large group of people with many responsibilities. An active individual member of that group can sometimes do more to advance the solution of a problem than an entire Ministry. Often that impetus comes from a member of an Opposition party, who in turn was "activated" by an informed citizen or group of citizens.

John Fraser, for example, former federal P.C. Environment Minister, became a committed environmentalist on the issue of acid rain in response to the information he received from environmental groups.

Jim Fulton, present federal NDP Environment Critic, has been very active in such issues as the AMAX Corporation pollution of B.C. coastal waters, and has supported the model of "the conserver society" and a legislated federal environmental assessment procedure.

Simon De Jong, present federal NDP Science Critic, was instrumental in making chemical safety a major current issue, by heeding the research of journalist Peter Von Stackelberg regarding "the IBT Affair" (discovery of fraudulent safety testing of pesticides and chemicals) and bringing it to public and government attention.

Since all parties claim to have the health of the environment and public health in their interests, we recommend that you:

- find out what each party's policy is on matters related to chemicals;
- identify the most committed M.P.'s and non-elected politicians in both the ruling and opposition parties;
- go to the politicians you believe can help you on your own issue.
- get neighbours, friends and groups involved in your efforts to get political action;
- support any legislative initiative (and its author) that takes a strong, pro-environmental position on chemical issues (i.e. environmental rights for citizens, transportation of hazardous wastes, air and water pollution standards, etc.); and above all
- look at the *record* of a person and his/her party when you go to the polls.

Key Politicians

Here's a list of key people to contact for help and/or information, or to whom you might lend your support or express your position.

Provincial Level

Liberal Party

Liberal Party Office
Legislative Building
Queen's Park
Toronto, Ontario
(416) 961-3800

Liberal Leader of the Opposition
Dr. Stuart Smith
(416) 961-3800

Liberal Environment Critic
Vince Kerrio
(M.P.P. - Niagara Falls)
(416) 965-7903

Liberal Environment Researcher
Mark Rudolphe
(416) 965-3976

Liberal Health Critic
Ron Van Horne
(M.P.P. - London-North)
(416) 965-7757

New Democratic Party

Legislative Building
Queen's Park
Toronto, Ontario
(416) 699-6637

NDP Opposition Leader
Michael Cassidy
(416) 864-9180

NDP Environment Critic
Brian Charleton
(M.P.P. - Hamilton-Wentworth)
(416) 965-7024

NDP Environment Researcher
Terry Moore
(416) 965-5392

NDP Health Critic
Ross McClellan
(M.P.P. - Bellwoods)
(416) 965-0622

Progressive Conservative Party

The Progressive Conservative Party is, of course, the provincial government, and their record on chemical society issues is easier to assess than any of the opposition parties.

Minister of the Environment
The Honourable Keith Norton
(416) 965-1611

Minister of Health
The Honourable Dennis Timbrell
(416) 965-2421

Minister of Labour
The Honourable Robert Elgie, M.D.
(416) 965-4101

Occupational Health and Safety Division
Assistant Deputy Minister
Dr. A. E. Robinson
(416) 965-9450

(See Chapter 13 - "Government: Who's Who in the Ministries" for a further breakdown of who's who in the provincial government.)

Other Sources

The Government of Saskatchewan has shown great concern about chemical society issues and can offer us some examples of how a government can work when it takes the issues seriously.

Associate Deputy Minister
Robert Sass
Saskatchewan Ministry of Labour
Occupational Health and Safety Branch
1150 Rose Street
Regina, Saskatchewan
S4P 3V7
(306) 565-4481

Medical Advisor
David Penman
Saskatchewan Ministry of the Environment
5th Floor
1855 Victoria Avenue
Regina, Saskatchewan
S4P 3V5
(306) 565-6119

Federal Level

Progressive Conservative Party

Toronto Office
(416) 598-1300

Leader
Joe Clark
(613) 996-5084

Fisheries Critic
(Former Environment Minister)
John Fraser
(613) 992-3026

Health Critic
Jim Hawkes
(M.P. - Calgary South)
(613) 995-2901

Environment Critic
Tom McMillan
(M.P. - Hillborough, P.E.I.)
(613) 995-9537

New Democratic Party

Federal Office
(613) 236-3613

Leader
Ed Broadbent
(613) 995-7224

Environment Critic
Jim Fulton
(M.P. - Skeena, B.C.)
(613) 995-1127

Health Critic
Bill Blaikie
(M.P. - Winnipeg-Birds Hill)

Science Critic
Simon DeJong
(M.P. - Regina East)
(613) 992-4593

Liberal Party

Minister of Environment Canada
The Hon. John Roberts
(613) 997-1441

Minister of Health and Welfare Canada
The Hon. Monique Begin
(613) 996-5461

A Guide to Relevant Legislation

If you're not familiar with the legislation governing environment, health and pollution, getting involved with any aspect of chemical society issues will invariably bring you into contact with it sooner or later. These are the major Acts prohibiting or determining the amount and kinds of chemicals in our environment:

Ontario

- The Environmental Assessment Act
- The Environmental Protection Act
- Occupational Health and Safety Act
- The Ontario Water Resources Act
- The Ontario Pesticides Act
- The Public Health Act

Federal

- The Atomic Energy Control Act
- The Canada Labour Code
- The Clean Air Act
- The Fisheries and Wildlife Act
- The Environmental Contaminants Act
- The Food and Drug Act
- The Hazardous Products Act
- The Motor Vehicle Safety Act
- The Pest Control Act
- The Transportation of Dangerous Goods Act

The City of Toronto Planning Department has an Environmental Resource Kit (#109) which gives a concise explanation of the legislation dealing with water, air and soil quality, waste management, hazardous wastes, environmental monitoring (of air and water quality), and other pollution problems. It includes a discussion of the problems, who has jurisdiction under which statutes, who enforces the laws, the shortcomings of the laws, and the names and phone numbers of the people responsible for each function.

Contact:
John Gladki
City Hall
(416) 367-7335
and ask about the
Environmental Resource Kit, 1980

Knowledge is Power

It's not possible for every concerned citizen to become an instant legal expert, but there are ways of familiarizing yourself with the relevant legislation to the extent that you need it.

- *The Canadian Environmental Law Association*, 8 York Street, 5th Floor South, Toronto, Ontario, (416) 366-9717 has a library which contains copies of the Acts as well as written commentaries and debates. Legal staff are also able to answer your questions and explain the uses or abuses of these Acts. Many of CELA's clients started out with a typical ignorance of the law and learned what they needed to know to win an environmental battle.
- *The Ministry of Labour Library*, 400 University Avenue, 10th Floor, (416) 965-1641, can direct you to information regarding the Occupational Health and Safety Act.
- *The Metro Toronto Public Library, Social Sciences Section*, 789 Yonge Street, Toronto, Ontario, (416) 928-5246, is another place where you can look up federal and provincial legislation. Xerox machines available.
- *The Ontario Government Bookstore*, 800 Bay Street, Toronto, Ontario, (416) 965-2054, is the place to obtain copies of the provincial Acts, as well as reports of Royal Commissions, studies and many other informative documents on health and environmental issues.
- *Renouf Publishing Co.*, 211 Yonge Street, Toronto, Ontario, (416) 363-3171, is the agent for federal government publications. You can obtain copies of the Federal Acts at this store.

Proposed and Pending Legislation

Legislation which takes a hard line toward industrial pollution, and which is truly effective in protecting

public health, has been a long time in coming. In fact, it's still in the works. While some gains have been made over the past few years, much progressive legislation has been defeated again and again by our own political processes, insufficient public demand, and economic pressure. Even legislation which has been passed often needs to be improved. For example, the Occupational Health and Safety Act has a loophole which allows companies to withhold the names of chemicals with which their workers come in contact.

The best-known example of pending legislation is the body of legislative ideals known as The Environmental Bill of Rights. In brief, it would establish the principle of citizens' rights to a clean environment, and provide the legal framework enabling citizens to bring legal action against polluters whether or not they suffer damage to their own purse or property. This is considered the essential next step in environmental protection by most environmental groups today.

Such a Bill was first introduced in Ontario by Liberal Leader Dr. Stuart Smith in November 1979, but it did not become law. The same principles made a second appearance as *The Magna Carta Act*, first introduced by then NDP Environment Critic Marion Bryden on June 3, 1980. It also failed to pass second reading. Revised versions of both these bills have been presented to the Ontario legislature and are on the order paper for hearings in the Fall of 1981 or Winter 1982. These kinds of legislative initiatives need all the weight of the public behind them in order to be passed into law.

The following is a partial list of upcoming Bills in the Ontario and Federal legislatures which deal with some aspects of chemicals in our environment. Let your representatives know that you stand behind them and want them passed.

Federal

- *Omnibus Environmental Bill.* The Federal Government (Environment Canada) may introduce this Bill in 1982. It would amend or repeal several Federal statutes including *The Clean Air Act* and *Environmental Contaminants Act*, and replace them with new, comprehensive laws governing the control of toxic chemicals.

- *Access to Information Bill (Bill C-43).* Already given second reading, this Bill, modelled on the U.S. *Freedom of Information Act*, is currently before the House Standing Committee on Justice and Legal Affairs. In theory, this Bill would be useful for environmentalists in obtaining government documents, memos and correspondence. But as this Bill is worded, it could be expensive to individuals requesting documents, and there are too many exceptions to the information that can actually be obtained.

Provincial

- *Health Protection Act.* Introduction of this draft Bill by the Minister of Health is expected in Spring 1982. It would replace the existing *Public Health Act*, seemingly with substantial improvements regarding the power of local health agencies to investigate health hazards and to take action on environmental health matters. This Bill offers a definition of "health hazard"

- "a condition in, on, of or about *any* premises or a condition of *anything* that results or *may* result in an adverse effect on the health of any person"

- which gives Boards of Health, health professionals, and active citizens a set of potentially powerful instruments to deal with our occupational and environmental health concerns. However, much will depend upon how the courts interpret the legislation and upon the political will with which the legislation is applied.

- *Ontario Freedom of Information* legislation. The promised freedom of information legislation for Ontario has been stalled, studied, and stalled again for nearly a decade. After studies by two Royal Commissions, the Ontario Government said last spring that it still wants to provide more time for public discussion. This is your chance!

15 Bibliography

Directories

To Government Agencies:

Canadian Directory of Public Legal Information
Federal Department of Justice
Justice Building
Wellington and Kent Streets
Ottawa, Ontario
K1A 0H8

KWIC Index to the Government of Ontario
Available from:

Ontario Government Bookstore
880 Bay Street
Toronto, Ontario
M7A 1N8
($4.00)

To Environmental Resources:

Environmental Source Book
Ontario Ministry of the Environment
Information Services Branch
135 St. Clair Avenue West
Toronto, Ontario

A Directory of Occupational Health and Safety in Ontario
Ontario Ministry of Labour
400 University Avenue
Toronto, Ontario

Books and Booklets

(a) General Reference Books on Chemicals:

Clinical Toxicology of Commercial Products, ed. R. Gosselin, The Williams & Wilkins Co.

Condensed Chemical Dictionary, (Rhinehold, 1966)

Controversial Chemicals - A Citizen's Guide, Editors Kruus & Valeriote. Published by Multiscience Publications Limited, 1253 McGill College, Suite 175, Montreal, Quebec, H3B 2Y5. A discussion of 26 of the most currently controversial chemicals, including asbestos, benzene, dioxin, and alcohol, caffeine and tobacco.

Pocket Guide to Chemical Hazards, National Institute for Occupational Safety and Health (NIOSH) and the Occupational Safety and Health Administration (OSHA) (c) 1978. Available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. (DHEW (NIOSH) Publication #78-210). A detailed reference guide to 380 chemical hazards found in the work environment. Includes permissible exposures, health hazards and methods of personal protection and sanitation.

(b) Food, Household and Community Hazards:

Additive Alert: A Guide to Food Additives for the Canadian Consumer, (c) 1979 by Linda Pim, a Pollution Probe Project, Doubleday Canada, $2.95.

Does Everything Cause Cancer? A Food Safety Primer, (c) 1977, by the Center for Science in the Public Interest, P. O. Box 7226, Washington, D.C. 20044. $1.00 U.S.

Environmental Health Hazards in the Community, Home, Classroom and Workplace, (c) 1980, by the York-Toronto Lung Association. A very thorough study of pollutants, particularly air-borne, and their effects on our health. Documents the sources at home, at work, and in the environment; air pollution laws, recommendations for action, how to control hazards on the job, and different types of pollution-induced diseases. Appendix, glossary, references.

The Household Pollutants Guide, ed. Albert Fritsch, Center for Science in the Public Interest, Anchor Press/Doubleday, 1978. $3.50. Aerosols, building materials, insecticides, detergents, plastics, paints, floor polishes, and just about every other chemical that comes through our doors.

The Invisible Additives, (c) 1981, by Linda Pim, Doubleday Canada. $10.50. A look at the risks to our health posed by the unintentional contamination of food by chemicals in the environment.

(c) Occupational Hazards:

The Case of the Workplace Killers: A Manual for Cancer Detectives on the Job, (c) November 1980, International Union, UAW, $1.00 U.S. An amusing but "dead serious" guide for workers who want to initiate their own investigation into chemical hazards on the job, particularly carcinogens. An invaluable aid for workers who need to learn how to collect and present valid evidence. Available from UAW Purchase & Supply Department, 8000 E. Jefferson, Detroit, Mich. 48214.

The Health and Safety Hazards Faced by Canadian Public Employees, (c) 1978, CUPE.

Health and Safety Manual for Municipalities, (c) 1980, CUPE.

Health Hazards at Work, (Person Paper Series), (c) Jan. 1977. Advisory Council on Status of Women, 63 Sparks Street, Box 1541, Station B, Ottawa, Ont. K1P 5R5. A simple guide especially for working women.

Looking Out for #1: How to Spot Health Hazards onthe Job, Public Media Center Publication, 2751 Hyde Street, San Francisco, CA 94109. A concise booklet to focus on occupational hazards; easy to read; contains short bibliography, references, a brief glossary on chemicals commonly found on the job, and a sample format for analyzing the chemical dangers of a job.

Occupational Disease, by the Worker's Compensation Board, 2 Bloor Street East, Toronto. (Free) An information booklet on occupational disease claims procedures, jobs, and associated health hazards, with a short glossary of chemical hazards.

Radiation on the Job: A Manual for Health Workers on Ionizing Radiation, from the Coalition for the Medical Rights of Women, 1638B Haight Street, San Francisco, CA 94117, $2.75 U.S.

Workplace Health and Safety: A Guide to Collective Bargaining, by Paul Chown, Labor Occupational Health Program, University of California, Berkeley, (c) 1980. Available on inter-library loan from the Ontario Ministry of Labour.

See also: Chapter 11 - "Libraries and Resource Centres" for further reference.

Magazines, Journals and Periodicals

Healthsharing Magazine
Box 230, Station M
Toronto, Ontario
M6S 4T3
(416) 968-1363

Canada's first women's health magazine. A quarterly, it offers in-depth stories on health issues affecting women, from reproductive to occupational concerns.

Phoenix Rising
On Our Own Editorial Collective
Box 7251, Station A
Toronto, Ontario
M5W 1X9
(416) 362-0200

This magazine, published by a collective of former psychiatric hospital inmates, contains much information on psychiatric drugs. It frequently criticizes the "pushing" of drugs by mental hospitals.

Occupational Health In Ontario
Ontario Ministry of Labour
Occupational Health and Safety Division
400 University Avenue
Toronto, Ontario
(416) 965-3211

A scholarly but readable monthly journal containing information on occupational hazards, with many references. Available from Ontario Government Bookstore, 880 Bay Street, Toronto, Ontario; $1.50 per issue.

See also: References to "Publications" throughout this Manual.

Newsletters

Canadian Employment Safety and Health Guide
CCH Canadian Limited
6 Garamond Court
Don Mills, Ontario
M3C 1Z5
(416) 441-2992

A monthly newsletter on occupational health and safety law. Usually found in libraries.

Information Letter
Health Protection Branch
Health and Welfare Canada
Brooke Claxton Building
Ottawa, Ontario

A monthly newsletter reporting on new drugs, food products or additives introduced to the market. Contains test reports, toxicological reports and Health Protection Branch recommendations. Free.

Ontario Ministry of Labour
Library Bulletin
Ministry of Labour
10th Floor
400 University Avenue
Toronto, Ontario
(416) 965-1641

A bibliographic bulletin. Each volume lists a comprehensive bibliography on a labour issue, i.e. Vol.7, part A, #2, June 29, 1981, A Bibliography on Occupational Health and Safety. Free.

Monitor
Labour Occupational Health Program
Institute of Industrial Relations
University of California
2521 Channing Way
Berkeley, California, 94720
(415) 642-5507

A bi-monthly bulletin on occupational health news, issues, research, and labour struggles.

Council on Drug Abuse Newsletter
Suite 303
56 Esplanade Street East
Toronto, Ontario
M5E 1A7

A newsletter on narcotic drugs and drug abuse topics.

Health Alert
The Health and Safety Newsletter of the
Labour Council of Metro Toronto
15 Gervais Drive
Suite 407
Don Mills, Ontario
(416) 441-3663

A newsletter for workers about health and safety on the job. Many issues contain fact sheets on hazardous substances of current concern. Free.

At the Source
Ontario Federation of Labour
Occupational Health and Safety Training Centre
15 Gervais Drive
Don Mills, Ontario
(416) 441-1939

A monthly bulletin on occupational health and safety news and information needed by workers. Substantive background papers on toxic substances. Free.

16 Films and Audiovisual Resources

Audiovisuals are a good way to teach or to learn, to open up perspectives on an issue, to begin a discussion, to "raise consciousness", and to fill in gaps in knowledge. Many organizations today produce a film or slide show to promote its interests. The following is a partial listing of audiovisuals connected in some way to chemical issues. Many more are available from resource centers in the United States, from government ministries, from the public library of Metro Toronto, and other sources.

Addiction Research Foundation

Marketing Services
33 Russell Street
Toronto, Ontario
M5S 2S1
(416) 595-6260

The ARF has a vast number of research and public information films, video-cassettes, slide shows, and audiotapes on the subjects of alcohol, tobacco, and addictive and prescription drugs.

One film, called *Medicine Cabinet Poisonings*, is aimed at teaching young children to avoid accidental drug or chemical poisonings.

Call or write for a complete resource catalogue.

Development Education Centre

394 Bloor Street West
Toronto, Ontario
(416) 964-6901

16 mm. Films

- *Alternatives to Hysteria*, Canada, 1977. (Women, tranquilizers and the psychiatric health care system in Canada)
- *The Cost of Cotton*, Guatemala, 1979. (DDT in the cotton industry)
- *Hands Across Polluted Waters*, Japan/Canada, 1975, 30 min., colour. (Canadian Indians join with Japanese victims of industrial pollution)
- *Hurry Tomorrow*, U.S.A., 1975, 80 min., b&w (Drug use at mental institutions)
- *Minamata Trilogy, Part I*, Japan, 1974. 82 min., colour. (Medical and ecological research into mercury contamination)
- *Sentenced to Success*, France, 1976, 55 min., colour, by the CFDT Union of Atomic Workers. (Occupational and environmental hazards of radioactive wastes)
- *Song of the Canary*, U.S., 1979, 58 min., colour. ("Workers as guinea pigs" in mines, a chemical plant and a cotton mill)
- *Working Steel*, U.S.A., 1977, 20 min., b&w. (Occupational health hazards in the foundry industry)
- *Working For Your Life*, 57 min., colour documentary, by the U.S. Labour Occupational Health Program. (Health hazards for working women)
- *Polluted Japan*, Japan, 1974, 30 min., colour. (Effects of industrialization on government)
- *A Right to Live*, Canada, 1977, 62 min., colour, by the Union of Injured Workers. (Occupational disease and accidents) (Also available from the Union itself, tel, 536-7224, and from the Metro Toronto Public Library.)

Slide/Tape Shows

- *Acceptable Risks*, by the Windsor Occupational Safety and Health Group, 30 min. (Pharmaceuticals and the Bendix Corporation)
- *Acid Rain: The Silent Crisis*, by the Windsor Public Interest Research Group, 1981, 30 min.
- *Atomic America*, by Community Media Productions, 1980, 25 min.
- *Why Aren't You Smiling?*, 1980, Community Media Productions. (Health and safety in the office)
- *Your Life*, DEC, 1980. (On working conditions)

Call or write for a complete catalogue. These audiovisuals are for sale or rent at a nominal cost.

Health Advocacy Unit

Department of Public Health
7th Floor, East Tower
City Hall
Toronto, Ontario
M5H 2N2

Contact:
Marilyn Bowers or William Shannon
(416) 367-7450

- *A Review of Some Anti-Smoking Resources"*. The Health Advocacy Unit's Smoking Prevention Program is in possession of a list of anti-smoking films, teaching kits, and other materials compiled from government, libraries, the Toronto Board of Education, the Addiction Research Foundation, Canadian Cancer Society, York-Toronto Lung Association, and the Ontario Heart Foundation. Call or write for a copy.

- *"A Day in the Life of Polly Klorinate"*, a 10-minute sound/slide show created specifically for the Chemical Society project. It introduces a fictitious "average person" and shows the ways in which chemicals play a part in her daily life.

The Health and Environment Academy

TV Ontario
Box 200, Station Q
Toronto, Ontario
M4T 2T1
(416) 484-2700

Objectives

TV Ontario's television series, "Outside-In: Health and the Environment", is the basis of a correspondence/T.V. course on the relationship between health and the environment. The 14-part series aims to help people become more self-reliant in health matters, to recognize that there are health alternatives, to make intelligent choices between them, to understand the policy issues being debated, and to be constructively critical.

The TV programs are available on video tape and may be ordered by all Ontario schools, libraries, and non-profit educational agencies. Topics include: Health, the Art of the Possible, Ecology of Disease, Learning Health, Lungs and "Another Pollution Program". Lectures, suggested readings, learning materials, and individualized guidance complement the TV programs in the academy course. Those who want to view the programs only may write to TV Ontario Customer Service at the above address or call 484-2610.

National Film Board

Films and videotapes
available at no cost from:
National Film Board
1 Lombard Street
Toronto, Ontario
(416) 369-4092

(# - also available from DEC Films)
(* - also available from the OFL Resource Centre)

#* *Who Will I Sentence Now*, NFB 106C 0178 043, 28 min. 50 sec., colour, 16 mm. (A serious document about the neglect of workers' health in the modern industrial workplace.)

#* *Our Health Is Not For Sale* (Recalling some of the more infamous strikes of the decade, this film examines the plight of the worker who frequently has no right to know what dangers he is exposed to on the job.)

Two Union Leaders Talk About Workers and Health, NFB 106C 0178 525, 11 min. 3 sec., colour

Homer Seguin Talks About Radiation At Elliot Lake, NFB 106C 0178 526, 8 min. 19 sec., colour

* *Coke Ovens: A High Risk Job*, NFB 106C 0178 527, 12 min., colour

Anthony Mazzocchi Talks About Chemicals and the Workers, NFB 106C 0178 528, 9 min. 2 sec., colour

Robert Sass: Workers in Saskatchewan, NFB 106C 0178 529, 9 min. 2 sec., colour

Dr. Selikoff Talks About the Latency Period, NFB 106C 0178 533, 7 min. 15 sec., colour (How workers can suffer many years, even decades later, from overexposure to metal dusts, chemicals, and other dangerous substances.)

Dr. Epstein Talks About Chemicals In the Workplace, NFB 106C 0178 530, 8 min. 28 sec., colour

Dr. Epstein Talks About the Chemical Explosion, NFB 106C 0178 531, 12 min. 50 sec., colour

Georges Dionne: Un Mineur de d'Amiante, NFB 106C 0278 524, 11 min. 3 sec., colour, in French (A miner, retired because of asbestos, talks about his experience as an asbestos miner, union militant, and concerned citizen.)

National Health and Welfare

Health Promotion Branch
Ontario Regional Office
410 - 102 Bloor Street West
Toronto, Ontario
M4W 2G7

Contact:
Ms. Joan Johnston
(416) 966-6483

Resources

"It's Just Your Nerves": A resource kit on women's use of minor tranquilizers and alcohol. This bilingual kit is a first rate educational tool about addiction, intended for use by community and health groups and women's organizations. It describes the social, medical and emotional reasons why women are prescribed mood-altering drugs. The kit is designed to instigate thought about the use of drugs, and the alternatives. It includes a discussion of drug safety, and describes a 1980 study showing that benzodiazipines (such as valium) were the most common drugs used in more than 2,700 non-fatal overdoses in Toronto over a six-month period. Governmental staff are available to conduct information sessions using the kit. Contact Nancy Poole, 465-2014, if you are interested in learning more about these sessions.

Ontario Federation of Labour

Health and Safety Resource Centre
703 - 15 Gervais Drive
Don Mills, Ontario
(416) 441-1939

16 mm. Films

- *An Introduction to the OFL's Health and Safety Training Programme*
- *The Right to Know*, 15 min.
- *The American Way of Cancer*, Pts. I and II, 60 min., by CBS-TV
- *Kepone*, 15 min. (On the hazards of a now-banned pesticide)
- *Foundry Safety and Health Test*, 30 min., U.S. Dept. of Labour

Slide/Tape Shows

- *The Right to Survive*, 15 min., by the Canadian Labour Congress
- *Asbestos: Fighting a Killer*, 20 min., by the Oil, Chemical and Atomic Workers' International Union

Videotape

- *Dying for Work*, 30 min., CBC

17 Our Recommendations

- Reduce and recycle your garbage;
- Learn about the hazards of chemical products you use or come in contact with;
- Cultivate a healthy caution regarding drugs and food products;
- Reduce your use of all but the most necessary chemical products;
- Organize or join a health and safety committee at work;
- "Poison-proof" your home if you have children;
- Support pro-environmental legislation and legislators;
- Organize your community on issues which affect your environment and health;
- Join an organization which is doing something about the problem of chemicals in the environment.

A society that was less addicted to chemicals would be a very different society. We believe it would be a better and healthier society.

The Health Advocacy Unit.

A Reminder

It is common sense to ensure that exposure of all living things to harmful chemicals is kept to an absolute minimum.